

Sleep Restriction Worksheet

Calculate Your Sleep Window & Track Weekly Adjustments

STEP 1: CALCULATE YOUR BASELINE (FROM SLEEP DIARY)

Metric	Your Value	How to Calculate
Average Time in Bed (TIB)		Time out of bed minus time into bed, averaged over 7 days
Average Total Sleep Time (TST)		Estimated hours asleep per night, averaged over 7 days
Sleep Efficiency (SE)		$(TST \div TIB) \times 100 = __\%$

STEP 2: SET YOUR INITIAL SLEEP WINDOW

Setting	Your Value	Rule
Initial Time in Bed		= Your average TST (minimum 5 hours)
Fixed Wake Time		Choose a time you can keep every day including weekends
Calculated Bedtime		Wake time minus initial TIB

STEP 3: WEEKLY TRACKING & ADJUSTMENTS

Week	Bedtime	Wake Time	TIB	Avg TST	Sleep Eff.	Action
1						
2						
3						
4						
5						
6						
7						
8						

ADJUSTMENT RULES

Sleep Efficiency	Action
≥ 85%	Expand TIB by 15–30 min (move bedtime earlier)
80–85%	Keep the same schedule for another week
< 80%	Reduce TIB by 15 min (move bedtime later) — never below 5 hours

Important: Sleep restriction is safe for most adults but should be supervised by a provider if you have epilepsy, bipolar disorder, untreated sleep apnea, or a high-vigilance occupation. Never reduce time in bed below 5 hours.