

# Strategies to Support Stimulus Control

## Morning

Get out of bed as soon as the alarm goes off (or if you wake up naturally, get up if it is a reasonable time to get out of bed).

### Tips:

- Establish a regular wake-up time and morning routine.
- Place phone/alarm at a distance from bed that requires getting up.
- Plan something enjoyable in the morning to help you get out of bed happily: a coffee and book, a walk with a friend, music, meditation, yoga, etc.

## Day

Don't use your bed for relaxing during the day and avoid sitting/lying down for other reasons where possible too.

### Tips:

- If you need to work/study from home, do so outside of the bedroom if possible.
- If you need to work/study in the bedroom, have a designated desk and office chair, and only sit on the chair.
- Assign a separate spot that isn't the bed for when you feel the need to rest, such as a couch, armchair, chair, floor, or beanbag.
- If you enjoy reading or other relaxing activities in bed, find another place quiet place to do this.

## Evening

Avoid the bed until you are sleepy, and it is time to sleep.

### Tips:

- Generate some ideas for activities that you can do at night.
- Ideally these should be relaxing activities, such as reading or journaling.
- If you find it hard to stay awake until your assigned sleep time, try more stimulating activities (e.g., sitting in kitchen and do a sudoku or crossword, watch a nice movie, knit, or play a game).
- To avoid being on the phone in bed, put your phone on charge in a separate room or out of reach overnight. This might mean you need to buy an old-fashioned alarm clock!
- Be prepared with some ideas about what you'll do if you can't fall asleep when you go to bed. This may be to go to another room and read a book, to make some tea, to draw, etc. Have necessary materials (e.g., book, drawing materials) already organised in advance at a certain location.