

A SIMPLE SLEEP PROGRAM

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The structure of a basic program to overcome insomnia has four phases for each sequence of going to bed or returning to bed throughout the night:

- **Open drift**. First 15 minutes after going to bed, where the mind is allowed to wander (but discouraged or distracted away from problem-solving or negative self talk).
- **Easy Meditation**. If the client is still awake, the next 10 minutes involves revisiting a pleasant vacation or other tranquil scene. The focus is on quiet observation of visual, auditory, and kinesthetic sensation, not on self chatter or ideation.
- **Difficult Meditation**. If the client is still awake, the next 10 minutes employs a meditation requiring careful focus and concentration on imagined sensation, e.g. an imagined walk around the neighborhood.
- **Procrastinated Task**. Finally, if the client is still awake after these 3 periods, they are instructed to get out of bed and do a quiet, dull, routine and boring task, e.g., sanding a wooden table. Stay with the task until sleepy

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again, then to return to bed, and begin the cycle again. Recycle this process until morning.

Clinical experience has proven most cases of insomnia are largely resolved within 3 days of adherence to this program. The key feature is the procrastinated task, which cannot be mentally stimulating. The client is thus not spending much awake time in bed, and is at least accomplishing something positive during awake periods of the night, either meditating or doing something otherwise avoided in their lives.

As this program is integrated with a thorough cognitive behavior therapy assisted with hypnosis and mind state management, the prospects for success are good as the client follows the program. The rest is easy.
