

DELAYED SLEEP-WAKE PHASE DISORDER – MANAGEMENT PLAN

Current spontaneous sleep-onset: _____

Desired sleep-onset: _____

Current spontaneous sleep-offset: _____

Desired sleep-offset: _____

Start with a consistent daily routine

- Wake up the same time every day.
 - Your initial wake time is: _____
- Go to bed about the same time every night.
 - Your initial bedtime is around: _____
- Keep a routine with all daily activities.
 - Sleep, eat, and exercise at the same time every day.

Shifting your schedule

- Once you are on a consistent schedule, start shifting your schedule 15 minutes earlier every week.
 - Schedule shift plan:
 - Week 1, bedtime: _____, waketime: _____
 - Week 2, bedtime: _____, waketime: _____
 - Week 3 and beyond: Continue this slow shift weekly until you reach your desired bedtime as long as it taking no longer than about 20 minutes to fall asleep. If it is taking you longer than 20 minutes to fall asleep consistently, stay at the previous schedule longer and then try making the earlier shift again in 1 week.

Avoid bright lights and electronics within 3 hours of bedtime

- Light is one of the strongest drivers for your circadian rhythm or internal body clock. Light exposure at the wrong time will affect your sleep. Sunlight, bright room lights, and especially electronics (e.g., smartphones, tablets, & computers) within 3 hours of bedtime will decrease your drive to go to sleep and make it harder for you to adjust your desired schedule.
- Dim room lights, avoid sunlight, and stop smartphone/tablet/computer use 3 hours before bedtime.

Light in the morning can help

- Light at ~10,000 lux or higher in the morning can help keep you on and adjust to a schedule, increase your drive to go to sleep at night, and increase your alertness during the day.
- Examples of lux:
 - Normal room light ~200 lux
 - Sunrise/sunset ~10,000 lux
 - Bright blue midday sky > 100,000 lux
 - Artificial light boxes/lamps up to 10,000 lux
 - *If you choose to use a light box/lamp, please check with your eye doctor first, especially if you have a history of eye problems.
- Obtain bright light for at least 30 minutes starting at your scheduled wake time.

If continuing to have problems, you can consider trying melatonin (0.3-1 mg tablets)

- Melatonin is generally well tolerated but can have side effects, including daytime sleepiness and headaches. It should not be taken during pregnancy, and it can interact with medications. Talk with your doctor before taking melatonin. Stop melatonin if you have any concerning side effects.
- Take 1 tablet 5 hours before current spontaneous sleep-onset or about 3 hours before your desired bedtime. Based on your current sleep time and preferences, you would take melatonin around _____.

Sleepiness safety

- As you are shifting your schedule or using melatonin, some people may feel more sleepy during the day. You must not drive or participate in activities that require a high level of attention if you are drowsy.