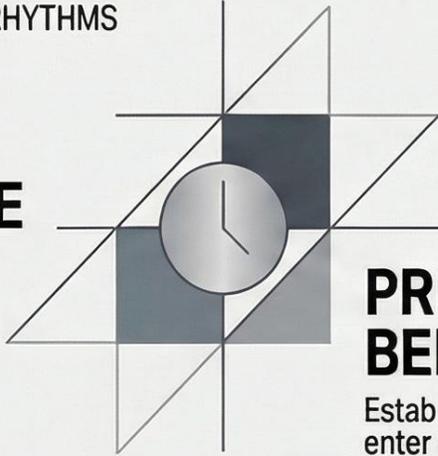


# THE FIBROMYALGIA SLEEP PROTOCOL: 10 BEHAVIORAL STRATEGIES

## CIRCADIAN & BEHAVIORAL RHYTHMS

### ESTABLISH A CONSISTENT WAKE-UP TIME

Rise at the same time every morning, regardless of the previous night's sleep.



### SPEND LESS TIME IN BED

Limit time in bed to improve sleep density and lead to fewer interruptions.

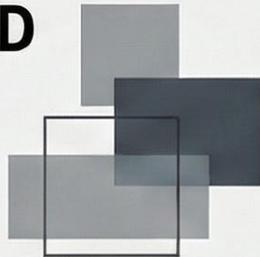
### PRECISION BEDTIME TIMING

Establish a specific bedtime and only enter the bed when you feel sleepy.

## COGNITIVE & MENTAL CONTROL

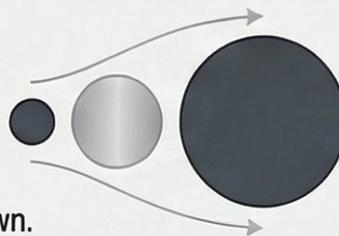
### USE TARGETED MIND DISTRACTIONS

Use the "grocery cart exercise" or "word list challenge" to quiet racing thoughts.



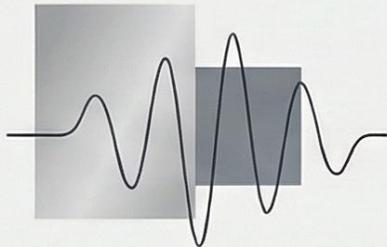
### CHALLENGE SLEEP MYTHS

Understand that 7–9 hours is normal and needing exactly 8 is a myth.



### RELAXATION ROUTINE

Use 4-7-8 breathing or muscle relaxation to help the mind slow down.



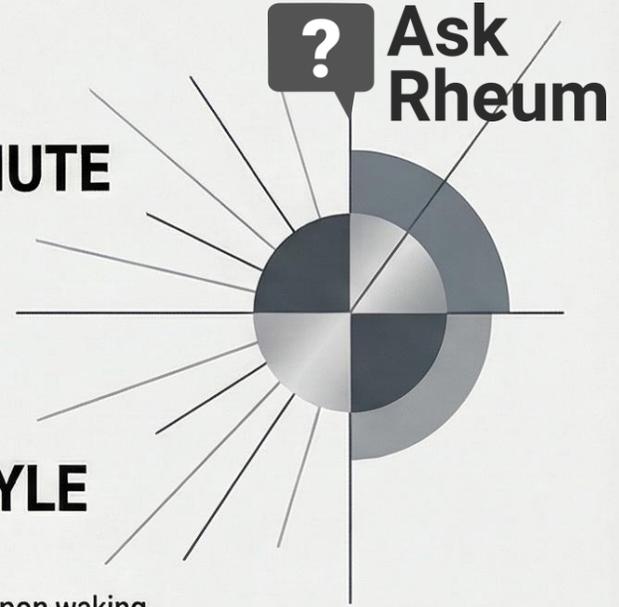
## DAYTIME SUPPORT

### THE 10–20 MINUTE POWER NAP

If napping is necessary, finish it before 3:00 pm to protect nighttime sleep.

### ACTIVE LIFESTYLE FOUNDATION

Seek bright light immediately upon waking and stay active to support sleep health.



## ENVIRONMENTAL DISCIPLINE

### THE 20-MINUTE RULE

If awake for 20 minutes, leave the bed; return only when sleepy.

### PROTECT BED ASSOCIATIONS

Reserve the bed exclusively for sleep, sex, and sickness.

