

Maudsley Sleep Programme

The Maudsley sleep programme has been devised as a means of helping people normalise their sleep pattern, without resorting to the use of sleeping tablets or other hypnotic drugs.

If the instructions are followed precisely, then **85%** of people will find that they are sleeping normally within **five days** of beginning the programme.

1. First of all, decide upon a time that you need to wake up in the morning and set your alarm clock or radio accordingly.
2. From 7 pm onwards, avoid all stimulants in the form of caffeine-containing foods, e.g. tea, coffee, chocolate and cola drinks. Please remember that tea contains caffeine, but caffeine-free tea bags are now commercially available. Also, avoid alcohol after 7 pm as this will disrupt your normal sleep pattern.
3. It is not just 'advertising hype', there is evidence to show that malted milk drinks, such as Ovaltine and Horlicks (not the chocolate variety) can be helpful in inducing sleep.
4. Do not go to bed until you feel ready to fall asleep. Even if you have an established routine, of say, going to bed at 11 pm, ignore this until you are 'fit to drop'.
5. Once you are asleep, if you wake up - get up. Do not lie in bed for more than 5 minutes thinking and ruminating that you should be asleep. Once you are up, do something which is sleep-inducing, such as reading a book, watching night time TV or a video. Do not get 'up and make a cup of tea or coffee.
6. Stay up until you once again feel ready to go back to sleep. Whatever time this is, you must then get up as prearranged when the alarm goes off. So, for example, if you go to bed at 1.30 am and wake at 3.30 am and remain awake until 5.30 am, when you then go back to bed, you must get up at 7.30 am, however tired you may be when the alarm goes off.
7. Under no circumstances catnap the following day and ensure you follow exactly the same routine the next evening.