Sleep to Healthy - CBTi - How To Compact Your Sleep

Evaluate sleep

Sleep & Wakeful quality

→ Alert, functioning OK, not sleepy → No need to adjust at this time.

Not acceptable ↓

Measure Sleep Efficiency (average ~7+ days)

65 and older: goal is 75% to 85%

% sleep efficiency

Less than 80% → **Compact Sleep:** Reduce bed duration by 15 minutes.

Greater than 90% → **Un-compact Sleep:** Increase bed duration by 15 minutes

80 to 90% ↓ No change - doing well

Sleep to Healthy — Sleep Better — Feel Better — Be Better

sleeptohealthy.com