Figure 2. Example sleep diaries during bedtime restriction

A. Average time awake was initially >30 minutes. Therefore, the bedtime window was restricted to average sleep time (ie 6.5 hours); **B.** By session 2, average time awake remained >30 minutes, so the bedtime window was restricted by an additional 30 minutes; **C.** By session 3, average awake time was <30 minutes, so the bedtime window was increased by 30 minutes for the next week.