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Stimulus Control

Application of the Technique

Sleep, Associated with Negativity

What Is a Conditioned Response?

Only Go to Bed When Sleepy

Avoid Naps

Don't Misuse Your Bed

Get Up at the Same Time, No Matter What

Can't Sleep? Get Up!

Therefore, it is also advantageous to sleep disorders. If you have learned to associate bedtime with negative feelings and behaviors, it is difficult to fall and stay asleep.

The Russian experimental psychologist, is the forefather of what is now known as classical conditioning theory and years of successful practice, so you should certainly give it a try.

In order to avoid associating your bed with all of this negativity, restrain yourself from going to bed, unless you actually feel sleepy.

What Pavlov did was ring a bell, and then immediately provide his dogs with food. The principle can be applied to all mammals, including humans.

People with sleep-related problem tend to feel anxious or irritated at night, and so they often get up. For instance, someone who has been in a car crash may develop a fear or driving. This is a learned reaction, both emotional and physical, to a stimulus that was previously perceived as neutral. All this means, is that over time, as we live and gain experience, we learn to react to certain things.

Reconditioning yourself to associate sleep with positivity.

In order to avoid associating your bed with all of this negativity, restrain yourself from going to bed, unless you actually feel sleepy.

Use the bed only for sleep and sexual activity, as mentioned in "Habits to Help Yourself". Also, restrict your sleep, when what you need is more of it, but the technique is based on both physical and emotional factors.

The primary objective of stimulus control is to get rid of such associations and to help you associate sleep with calm, deep sleep.

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The Application of the Technique

Use the bed only for sleep and sexual activity, as mentioned in "Habits to Help Yourself". Also, restrict your sleep, when what you need is more of it, but the technique is based on both physical and emotional factors. The primary objective of stimulus control is to get rid of such associations and to help you associate sleep with calm, deep sleep.

Fair warning: this technique can result in a hard couple of days, but it will make your body crave some sleep the following nights. People who commit and keep at it report great results.

Application of the Technique

What Is a Conditioned Response?

What is a Conditioned Response?

In other words, this technique helps you condition, or prepare yourself mentally, for sleep.

According to CBT, sleep problems are a conditioned response from your body to the stimuli you provide. For instance, if a person needs 7 hours of sleep to feel refreshed, spending 8 hours in bed but make sure you keep your eyes on the prize.

In other words, this technique helps you condition, or prepare yourself mentally, for sleep.

You might need less sleep, compared to the time you spend in bed.

The Russian experimental psychologist, is the forefather of what is now known as classical conditioning theory and years of successful practice, so you should certainly give it a try.

In other words, some people who struggle with sleep disorders, tend to avoid bedtime, even if this is a subconscious process.

First of all, no matter how much you've slept, always wake up at the same time. Set an alarm for a little sleep you might have gotten, even during weekends. Undoubtedly, this isn't easy to do, but it guarantees that you won't spend as much time tossing and turning.

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