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CHRONOTHERAPY

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Chronotherapy

Chronotherapy is a method to treat delayed sleep-phase syndrome in which bedtimes are gradually delayed by an increment of two to three hours each night until your desired bedtime is reached. The goal is to synchronize your sleep pattern so that you feel refreshed and functional. Sleep medicine specialists of the Jefferson Sleep Disorders Center are trained in implementing chronotherapy.

Following therapy, it is important to maintain a regular, scheduled wake-up time.

First Sleep Disorders Program in the Philadelphia Region

Established in 1978, the Jefferson Sleep Disorders Center was the first such program in the Philadelphia

area and is accredited by the American Academy of Sleep Medicine.



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