If you cannot sleep, get out of bed, change environments and try again later.		The personality trait extraversion is more related to attentional lapses and more extensive declines in speed response during a task after one night of sleep deprivation.	Killgore et al (2007) The trait of Introversion–Extraversion predicts vulnerability to sleep deprivation.
	There are individual differences in the effect sleep deprivation has on people.	There is a genetic predisposition for vulnerability to sleep loss.	Van Dongen et al (2003) Sleep debt: Theoretical and empirical issues.
	If you cannot fall asleep, it is better to get out of bed.	Not being able to sleep can be experienced as frustrating.	Expert 3
		The advice for people with chronic sleeping problems is to break the pattern and not stay in bed if sleeping does not work; get out of bed instead, change settings and try again later.	Expert 3
		Restriction therapy works in the way that people with chronic sleeping problems get restricted sleep, so their circadian rhythm gets back on track.	Expert 3