

# Sleep Workshop



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# Welcome to the insomnia Workshop!

We will begin in a few minutes



The format of the class will be instructional; thus, you will be muted throughout.



Join the audio by pressing the headphones symbol



If you would like to answer a question or interact with the presenter, type your message or comment in the chat box (you can select for the message to be routed directly to the presenter).

# BHC (Behavioral Health Consultant)

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Clinical psychologist or social worker in your doctor's office.

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Mental Health: anxiety, depression, grief, adjusting to life

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Health Goals: exercise, eating healthy, better sleep, following Dr's treatment plans

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Short-term (1-6 visits for 30-minute appointments)

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I can provide referrals or consult with your doctor regarding your needs

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Main purpose: make sure we're taking care of you, body and mind!

# Developing SMART Goals

- With any change in behavior, we must set goals and objectives. SMART goals are designed to help you have structure and track your progress as you move through the Sleep Workshop. Once you have developed your goals, you can begin to focus on changing behavior to increase healthy sleep habits. Use the following as a guide in setting your SMART goals:

<b><u>S</u>pecific</b>	<b>Identifies a specific action or event that will take place</b>
<b><u>M</u>easurable</b>	Should be quantifiable (countable) so progress can be tracked
<b><u>A</u>chievable</b>	Should be attainable and realistic given resources
<b><u>R</u>elevant</b>	Should be personally meaningful
<b><u>T</u>ime-Bound</b>	State the time period for accomplishing the goal

## Sleep Education

Increasing our knowledge about sleep is the beginning steps of improving our sleep. With an increase in understanding you will begin to dispel myths and false beliefs about sleep and have rationale about the importance of changing our behavior to improve our sleep. The following section will cover the following: Why We Sleep, Sleep Stages, and Sleep Regulation.

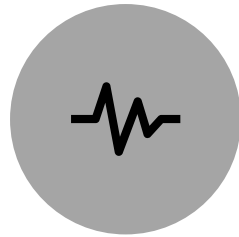
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# Why do we sleep?



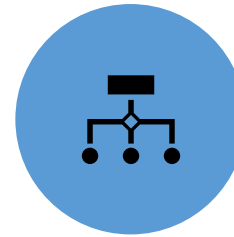
SLEEP, LIKE OXYGEN, FOOD AND WATER, IS ONE OF OUR BASIC DAILY NEEDS. SLEEP SCIENTISTS HAVE YET TO AGREE ON THE FUNDAMENTAL BIOLOGICAL PURPOSE OF SLEEP.



BODY RESTORES AND REPAIRS CELLS AND TISSUES THAT ARE DAMAGED OR DESTROYED WHILE WE ARE AWAKE.



MAINTAIN A CONSTANT BODY TEMPERATURE.



UPKEEP OF NORMAL HUMAN FUNCTIONS.



REGARDLESS OF THESE DIFFERENT OPINIONS, SLEEP EXPERTS GENERALLY AGREE THAT TO FUNCTION BEST WE ALL REQUIRE CONSISTENT, GOOD QUALITY SLEEP.

# What is the right amount of sleep?

- The answer varies from person to person. Moreover, the sleep need of each person may vary depending upon life circumstances. Typically, people need anywhere from 8-10 hours of sleep.

# What is good quality sleep?

- Quality sleep may actually be more important than the quantity of sleep. Would you rather sleep 10 hours waking-up every hour on the hour for 10 minutes or have 5 consecutive hours of sleep?





# Stages of sleep

During the stages of sleep your brain becomes active and produces brain waves. The table on the following page shows the stages of sleep along with the brain waves.

There are two sleep states: Rapid Eye Movement (REM) and Non-Rapid Eye Movement (Non-REM).

REM brain waves look very similar to brain waves while you are awake. Most dreaming occurs during this state of sleep. Your brain during the state is very active, but your body is paralyzed with the exception of your heart and lungs.

Non-Rapid Eye Movement is divided into three sleep stages. (Note: there are actually four stages, but we lump stages 3 and 4 together)

# Stages of sleep

**Stage 1** = The introduction to sleep in which you become extremely relaxed. This is the feeling of nodding off and your eyes becoming very heavy. You can be easily awoken during this stage and may find yourself suddenly jumping awake for no reason. (\*\*Fun fact: the sudden jerk that makes you feel suddenly awake is called the myoclonic jerk).

**Stage 2** = The beginning of sleep that is characterized as being light. You are easily awakened during this stage. Snoring typically occurs during this phase due to the throat muscle relaxing.

**Stages 3 and 4** = Slow wave sleep is the deepest sleep that can occur. During this it is hard to wake people and it is believed that during this phase is when the restorative process of the body occurs.



# Interesting facts

Sleep is an active process.

Our brain wave activity cycles about every 90 minutes.

Most dreaming occurs in REM sleep. REM is associated with loss of muscle tone. REM mostly occurs later in the night.

It is harder to wake-up from slow wave sleep. It occurs earlier in the night.

Some wakefulness is normal.

Most REM sleep occurs during the second half of the night.

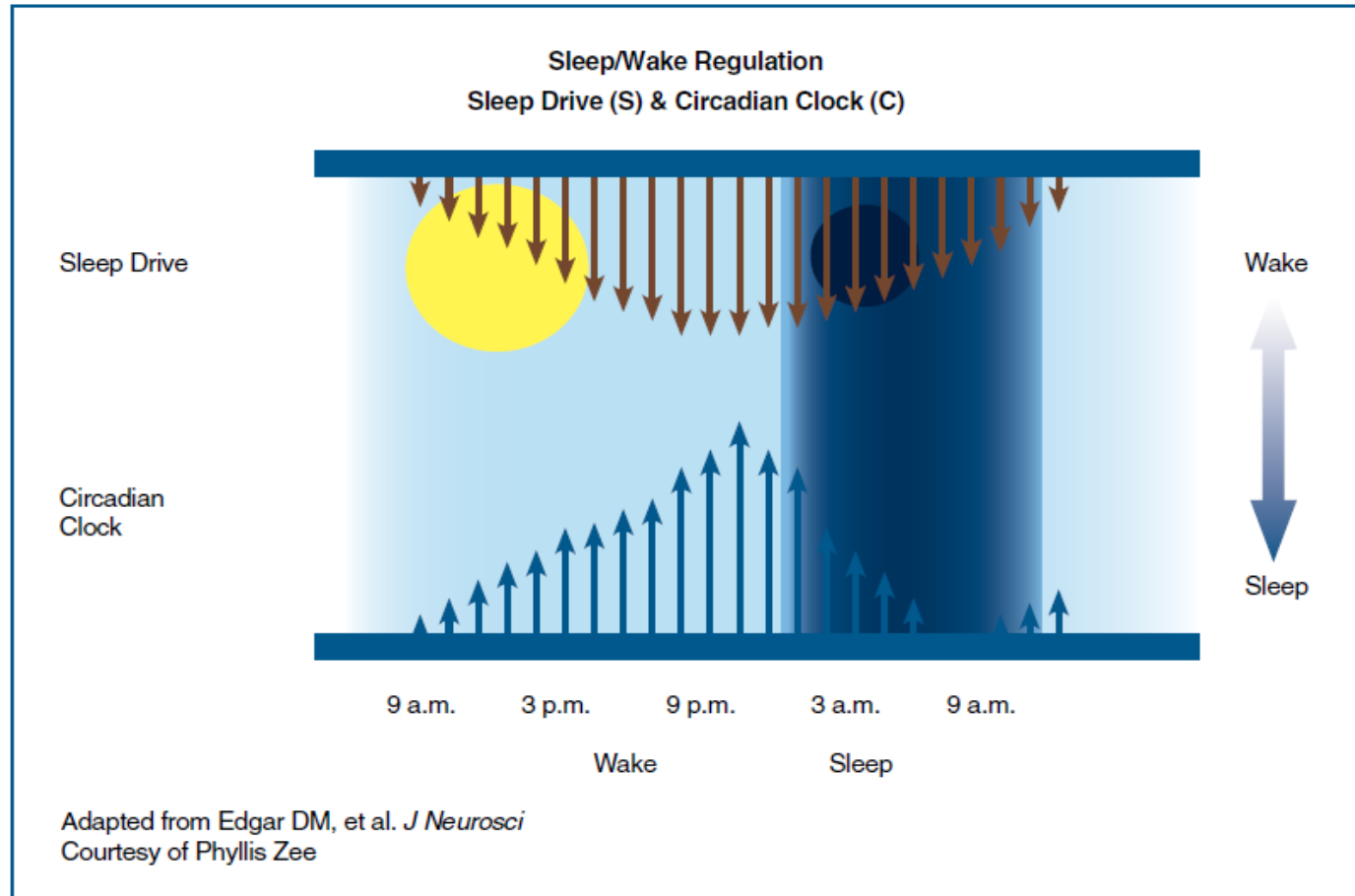
People with PTSD may have dreams emerge during Non-REM sleep.

# Sleep regulation

- Sleep drive

The sleep drive builds up during wake hours and decreases with sleep. An individual's sleep drive is lowest in the morning when upon waking up, and gradually increases as the day progresses. The stronger the sleep drive at bedtime the greater the likelihood of sleep. The sleep drive is weakened by napping and dozing. The longer the time that has elapsed since an individual has last slept, the stronger the sleep drive becomes, and the easier it will be to fall asleep.

Our body also uses a biological clock called the circadian process to maintain our sleep/wake pattern.



# Substances and Medications that Impact Sleep



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# Alcohol

- Alcohol can be sedating. It is not uncommon for people with emotional problems to turn to alcohol to calm down, often to self-medicate their hyperarousal to relax or go to sleep.
- Like caffeine and nicotine, alcohol is also a drug that can lead to tolerance so that people need more and more to get the same effect.
- While alcohol may make you feel more relaxed initially and may even help you to fall asleep at the beginning of the night, it will increase the number of times you awaken throughout the night. Part of why people with a hangover feel badly is due to sleep disruption.
- Associated with increased dreaming and nightmares.
- Even a small amount of alcohol as much as 6 hours before bedtime can increase wakefulness during the night.
- For people with past heavy alcohol use, even after years of abstinence, sleep patterns may never completely return to normal.
- Eliminate alcohol use if possible. Otherwise, limit alcohol use by not drinking after dinner.
- Never use alcohol as a sleep aid. It only makes the problem worse.
- Never mix alcohol with other medications, especially sleeping pills.

# Nicotine

- Nicotine is another drug that can interfere with sleep. As a stimulant, it increases heart rate, blood pressure, breathing rate, and makes you feel more alert.
- Nicotine can lead to tolerance so that you need more to get the same effect.
- Serious physical health consequences are associated with nicotine use.
- Smokers sleep more poorly than non-smokers due to stimulant effects of nicotine, nicotine withdrawal during sleep, and irritated respiratory system.
- Many people think that smoking cigarettes is relaxing, but the nicotine in cigarettes makes it very stimulating and will work against you in your efforts to sleep. The relaxing part of smoking is the habit that is involved, and the key to quitting is to develop new habits.
- Nicotine withdrawal symptoms include restlessness, irritability, anxiety, and headaches and usually last 10 days.
- Nicotine use leads to chemical dependence, and quitting smoking can be difficult.
- If you are not ready to quit smoking completely, cut down on nicotine at night.
  - Avoid nicotine within 2 hours of bedtime.
    - Do not use nicotine if you get up during the night.



# Caffeine

- Stimulants elevate heart rate and blood pressure and can make us feel more alert, potentially adding to hyperarousal and disrupting sleep.
- Our body can get used to having caffeine so that we can need more and more over time to get the same effect. For example, whereas one cup of coffee was all you needed to wake you up in the morning when you first started drinking it, now you may need 3 or 4 cups.
- In which substances can caffeine be found besides coffee? <Be sure to include hot tea, iced tea, many soft drinks, energy drinks, chocolate, and some pain medications. >
- The most common withdrawal symptom from caffeine is headache and usually lasts 24 hours.
- Experts in sleep disorders recommend total elimination of caffeine from the diet.
- If you cannot eliminate caffeine, restrict your intake to 1-2 caffeinated beverages a day before 12 noon.

# Sleeping Medications

- Hypnotics have a place in the management of insomnia but are often misused. Continued chronic PRN use of hypnotics leads to psychological dependence; that is, taking a sleeping pill has become a “rescue” behavior.
- Trazodone is a sedating antidepressant frequently prescribed for sleep but it may cause increased daytime sleepiness.
- Melatonin is an over the counter substance that our body already produces. People can take melatonin between 5-7PM (when our body starts to naturally produce it as the sun is setting. For some people, this is helpful in initiating and maintaining sleep.

# Sleep and Aging

- Medical conditions often impact our quality and quantity of sleep: prostate enlargement, diabetes, and obstructive sleep apnea. Additionally, pain conditions, restless leg syndrome, osteoarthritis, rheumatoid arthritis, etc.
- Age-related weakening of signals from the circadian clock may cause sleep disruptions. This weakening is due to changes in light receptors in the eye and reduction in light exposure.
- Additional changes in sleep patterns caused by aging:
  - -More time spent in light sleep- spend less time in stage 3 (deep sleep) and REM sleep
  - -More daytime naps that lead to an irregular sleep-wake schedule
  - -Certain medicines make it difficult to fall asleep or stay asleep
- Sleep disorders are more common as we age- examples: sleep apnea, restless leg syndrome
- Retirement- a lot of downtime with no specific plans leads to an irregular sleep-wake schedule

# Healthy Sleep Behaviors and Guidelines



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# Guidelines

1. Use your bed only for sleep.
2. Sleep should only occur in bed. 3. Have a routine wake up time, seven days a week
3. Sleep schedule
  - My bedtime will be \_\_\_\_\_.
  - My wake-up time will be \_\_\_\_\_.

# Guidelines

4. Bedtime Routine -soothing drink, taking a bath, thinking of 5 nice things that happened that day, relaxation
5. Your bedroom should be comfortable and free from light and noise
6. Avoid Vigorous Exercise Within 2 Hours of Bedtime

# Guidelines

## 7. Napping: Avoid Daytime Napping

- If you do nap, be sure to schedule naps before 3:00pm.

## 8. Eating: A Light Snack at Bedtime May be Sleep Promoting

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## 9. Avoid Excessive liquids in the evening

- Reducing liquid intake will decrease the need for nighttime trips to the bathroom.

# Guidelines

10. Don't have worry time in bed

11. Do not try to fall asleep. When you are trying to sleep, if you are not asleep in 15 to 20 minutes, you should get out of bed and do something relaxing until you feel sleepy before getting back into bed.

12. Sleep only as much as needed to feel refreshed the following day

- This is tough! It sometimes requires a balance of waiting until you are sleepy but also trying to stick with your regular schedule. If at first the time you can fall asleep is much later than the time you would like to fall asleep, go to bed at a time you can fall asleep within 15 to 30 minutes (this may be later than your regular bedtime). Once this is happening, move your bedtime 15 minutes earlier every few days. It is okay if you are sleepier than usual at first. This sleepiness will help to reset your schedule. Restricting time in bed (when you are awake) helps you sleep better. Spending excessive time in bed can lead to fragmented and shallow sleep. This is why we want to avoid napping.



- *Following the rules is hard and takes a lot of motivation and discipline to be successful. At first, you will feel as if your sleep is getting a little bit worse and not better.*
- *But remember, we are retraining your body to relearn healthy sleeping patterns, and just like any new skill, it takes practice to get good at it.*
- *If you are consistent and follow this plan every night, you will soon begin to experience better sleep.*



# Commons Questions/concerns and Answers about “the Guidelines” for Better Sleep



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# Do I have to get up at the same time every day?

- Yes. The best way to set your body clock is to stick to your fixed rise time every day no matter how much sleep you actually get on a given night. A changing schedule, particularly if you get up at different times each morning, can make your sleep problem worse. Getting up at different times each morning can create the type of sleep problem that occurs in jetlag.
- Using an alarm clock to wake you is a good idea.
- It is very important to get out of bed within five to ten minutes after your alarm rings.

# Don't do things that you do when you are awake, in the bed or bedroom

- While in bed, you should not do things that you do when you are awake (such as reading, watching TV, eating, studying, using the phone, or doing other activities in bed during the day).
- By doing these things you actually train yourself to stay awake in bed. Sexual activity is the only exception to this rule.

# What should I do if I can't sleep?

- Get out of bed and do something that is pleasant but does not make you feel too awake.
- Long periods of being awake in bed often lead to tossing and turning, becoming frustrated and worrying about not sleeping. Tossing and turning, becoming frustrated and worrying about not sleeping, make it harder to fall asleep. The longer you lie in bed awake trying to sleep, wanting and hoping to go back to sleep, the more you will be awake in bed.
- If you feel you are awake for 15 to 20 minutes or so and you do not feel as though you are about to go to sleep, you should leave the bed and, if possible, leave the bedroom.
- Try not to use a clock to decide when to get out of bed because looking at the clock can lead to worrying about not sleeping, which will make it harder to fall asleep. Do not dwell on this decision. If it is obvious to you that you will not immediately fall asleep, get up.
- *What if I never feel sleepy?* Getting out of bed when you can't sleep, will teach you the difference between feeling sleepy and feeling tired and eventually you will feel sleepy. Going to bed when you are truly sleepy makes it more likely you will fall asleep quickly.
- *What do I do when I am out of bed?* Sleep naturally happens when you are calm and content. So the activities you choose to do when you get out of bed should make you feel calm and content.
- If you only follow this rule sometimes (and other times you do not follow the rule), this can undo the benefits of this recommendation.

# What do I do when I can't shut off my thinking?

- Thinking about small and big worries, thinking about one's problems, or planning future events while in bed can make you feel tense or irritated and this will hurt your sleep.
- If you can't seem to shut off your thoughts, get up and go to another room. Stay there until you feel sleepy again.
- Worry time
- Then, if intrusive thoughts occur during your sleep period, put them off to the "thinking and worrying time" on the next day. The time you set aside for this should not be close to bed time and the place where you do this activity should not be your bedroom.
- During the time you set aside you can list your problems and then decide what steps you can take to deal with each problem. Don't try to deal with more than one problem at a time.

# Try not to nap

- Sleeping at any time other than your scheduled time lessens the quality of your nighttime sleep.
- However, if you find yourself **very sleepy** (not just tired, but actually sleepy) and you are doing something for which you need to be alert such as driving or using machines, take a short (15 to 30 minutes) nap to make sure you are safe.





# The “buffer zone”

- The “buffer zone” is a quiet time prior to bed time. A time to wind down from the activities of the day.
- During the buffer zone time, you should do things that are enjoyable on their own





## Things to do if you are awake

If you find yourself unable to fall back to sleep, here is a list of things to try:



# Evening:

- Choose clothes that you can wear for work or school the next day
- Make your lunch
- Marinate or start to prepare food for dinner the following day and store it in the refrigerator
- Take a bath or long shower
- Write thank you notes or short emails to friends
- Take the dog for a long walk
- Groom your pets
- Listen to slow, relaxing or instrumental music
- Organize collections- photos, old letters, wine, books, or other items
- Catch up on laundry or folding clothes

# During the night

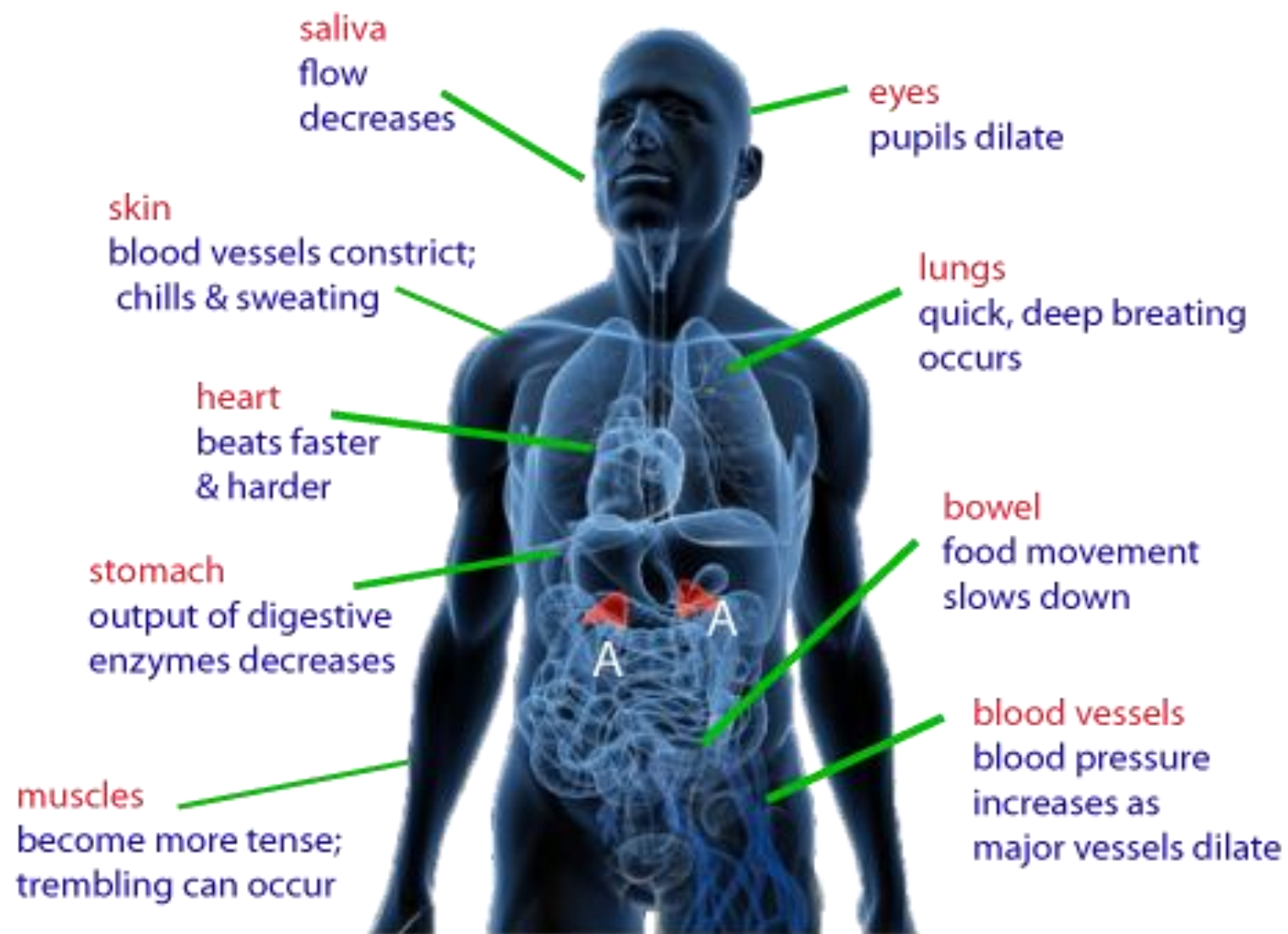
- Look through catalogs
- Update your address books or start one online or on paper
- Sort out junk mail and bills (but don't pay bills)
- Play solitaire online or with cards at home
- Catch up on your reading
- Call friends who live in other time zones
- Clean out the refrigerator
- Make a grocery shopping list for the week
- Create a detailed menu for dinners
- De-clutter your coffee table, dining room table, kitchen countertops or desk
- Create a list of activities that you'd enjoy doing on weekends and vacations
- Work on photo albums or scrapbooks

# Early in the morning

- Meditate or pray
- Watch the sunrise
- Take the dog for a walk
- Read the newspaper or read the news online
- Go to your gym or workout at home
- Go to the grocery store or other stores that open early
- Make lunch for yourself and for everyone else in the house
- Enjoy being able to get ready for work and kids ready for school without having to rush
- Sort out some kids' toys and choose things for Goodwill or a yard sale
- Sort and start your laundry, iron shirts or other clothes for work
- Start a budget for your family on a spreadsheet or in a notebook

# Arousal & Physical Response

- What happens to our body when we have associated going to bed with arousal, rather than sleep?
- Conditioned arousal is developed through repeated experiences of frustration, anxiety or tension when we are unable to sleep.



# Relaxation

- Deep breathing
- Progressive muscle relaxation



# Thinking for a Change

- Our thoughts can impact our sleep. The first step to begin to challenge unhelpful thinking about sleep is through education about the facts and debunking the myths about sleep.
- The second step is to evaluate and modify our thinking. Cognitive restructuring involves three things: identification, evaluation and modification of maladaptive thoughts. Thoughts that are not beneficial to our sleep are pushed aside and replaced with facts and helpful thoughts.
- One of the most common thinking patterns that occurs is “catastrophizing” or overestimating the probability of negative consequences of insufficient or poor sleep.



## Racing Thoughts/Worrying in Bed



**Shift your attention**



**Find a specific place to worry.**



**Make an appointment.**



**DO something about the worry.**



**Write it down.**



**Using mindfulness.**

# Tracking Your Sleep

- Sleep Diary
- Fill out the sleep diary every day.
- If your sleep or daytime functioning is affected by some unusual event (such as an illness, or an emergency) you may make brief notes on your diary.



Complete in Morning							
Start date: / /	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week:							
I went to bed last night at:	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM
I got out of bed this morning at:	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
Last night I fell asleep:							
Easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After some time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
With difficulty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I woke up during the night:							
# of times							
# of minutes							
Last night I slept a total of:	Hours	Hours	Hours	Hours	Hours	Hours	Hours
My sleep was disturbed by:	List mental or physical factors including noise, lights, pets, allergies, temperature, discomfort, stress, etc.						
When I woke up for the day, I felt:							
Refreshed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Somewhat refreshed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatigued	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:	Record any other factors that may affect your sleep (i.e. hours of work shift, or monthly cycle for women).						

Complete at the End of Day

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week:							
I consumed caffeinated drinks in the: (M)orning, (A)fternoon, (E)vening, (N/A)							
M / A / E / NA							
How many?							
I exercised at least 20 minutes in the: (M)orning, (A)fternoon, (E)vening, (N/A)							
Medications I took today:							
Took a nap? (circle one)	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
If Yes, for how long?							
During the day, how likely was I to doze off while performing daily activities: No chance, Slight chance, Moderate chance, High chance							
Throughout the day, my mood was... Very pleasant, Pleasant, Unpleasant, Very unpleasant							
Approximately 2-3 hours before going to bed, I consumed:							
Alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A heavy meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caffeine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the hour before going to sleep, my bedtime routine included: List activities including reading a book, using electronics, taking a bath, doing relaxation exercises, etc.							

- Short-Term Goals

- \_\_\_\_\_  
\_\_\_\_\_

- \_\_\_\_\_  
\_\_\_\_\_

- Long-term goals are those for the next 6-12 months, or perhaps even longer. Although they will not be accomplished fully during class, they are often our most important goals for the future and can serve as an important motivator.

- Long-Term Goals

- \_\_\_\_\_  
\_\_\_\_\_

- \_\_\_\_\_  
\_\_\_\_\_

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