

Welcome to the insomnia Workshop!

Put in the chat box your first name and last initial

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).



Sleep Workshop



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About your presenter

Behavioral Health Consultant in a TriHealth office


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

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

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

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

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



What are some things you
believe impact your sleep?

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Agenda

- Sleep education
- Things that may impact sleep
- Healthy sleep guidelines
- Relaxation
- How thinking impacts sleep
- Sleep diary
- Goals

Don't forget to add your
first name and last initial to the chat!





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.

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 7-10 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

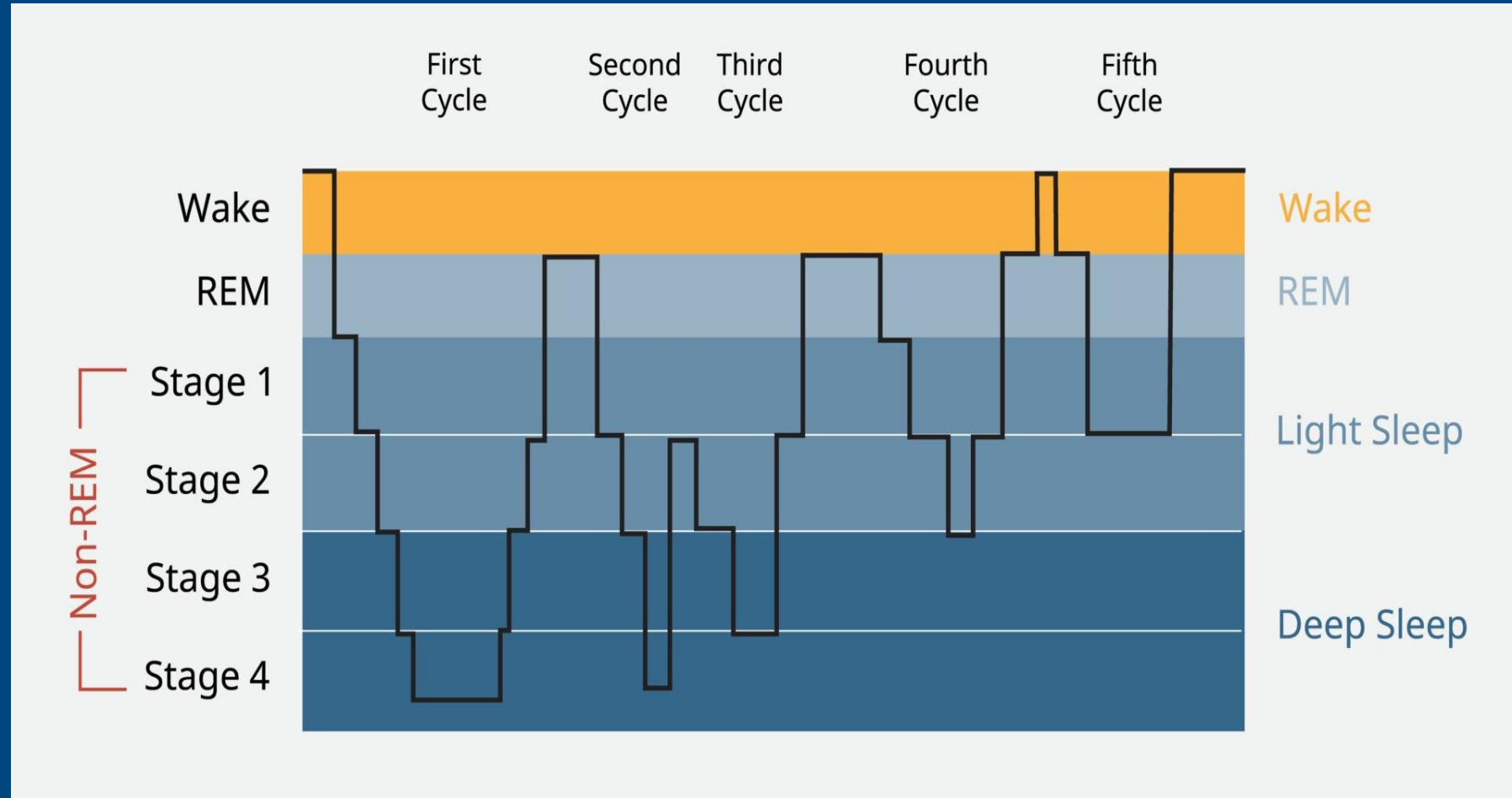
During the stages of sleep your brain becomes active and produces brain waves. The table on the following page shows the stages of sleep along with the brain waves.

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, except 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)

Sleep Cycles








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

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.

Stages 3 and 4 = Slow wave sleep is the deepest sleep that can occur. It is believed that during this phase is when the restorative process of the body occurs.

Brain Wave Frequencies

Type and Range		What it Does
Gamma Waves Higher than 30 Hz		While concentrating, focusing, and learning
Beta Waves 13 - 30 Hz		During most activities while awake
Alpha Waves 8 - 12.99 Hz		While relaxed or sleepy
Theta Waves 4 - 7.99 Hz		During stage 1 and 2 (light) sleep
Delta Waves 1 - 3.99 Hz		During stage 3 (deep) sleep

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.

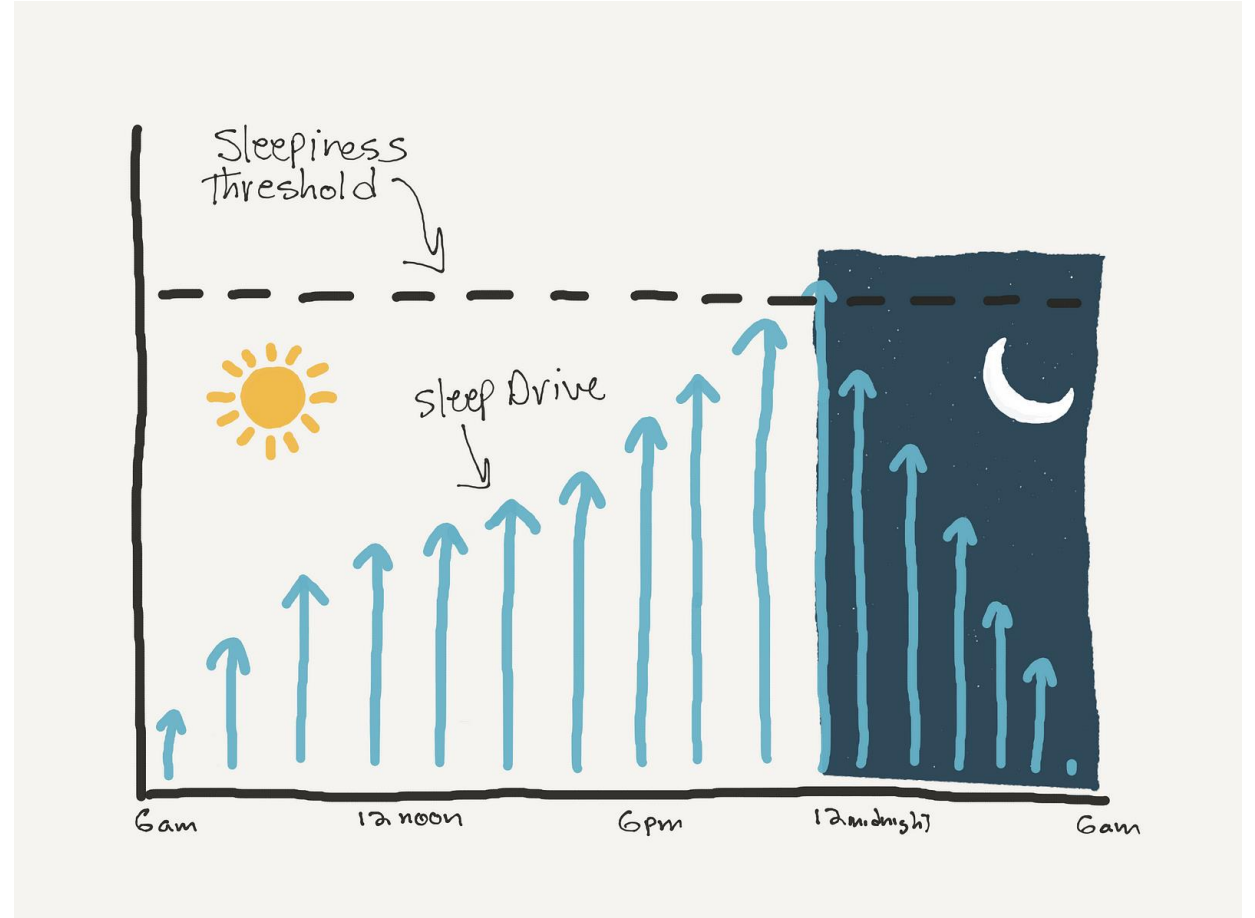
People with PTSD may have dreams emerge during Non-REM sleep.



Sleep 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.

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

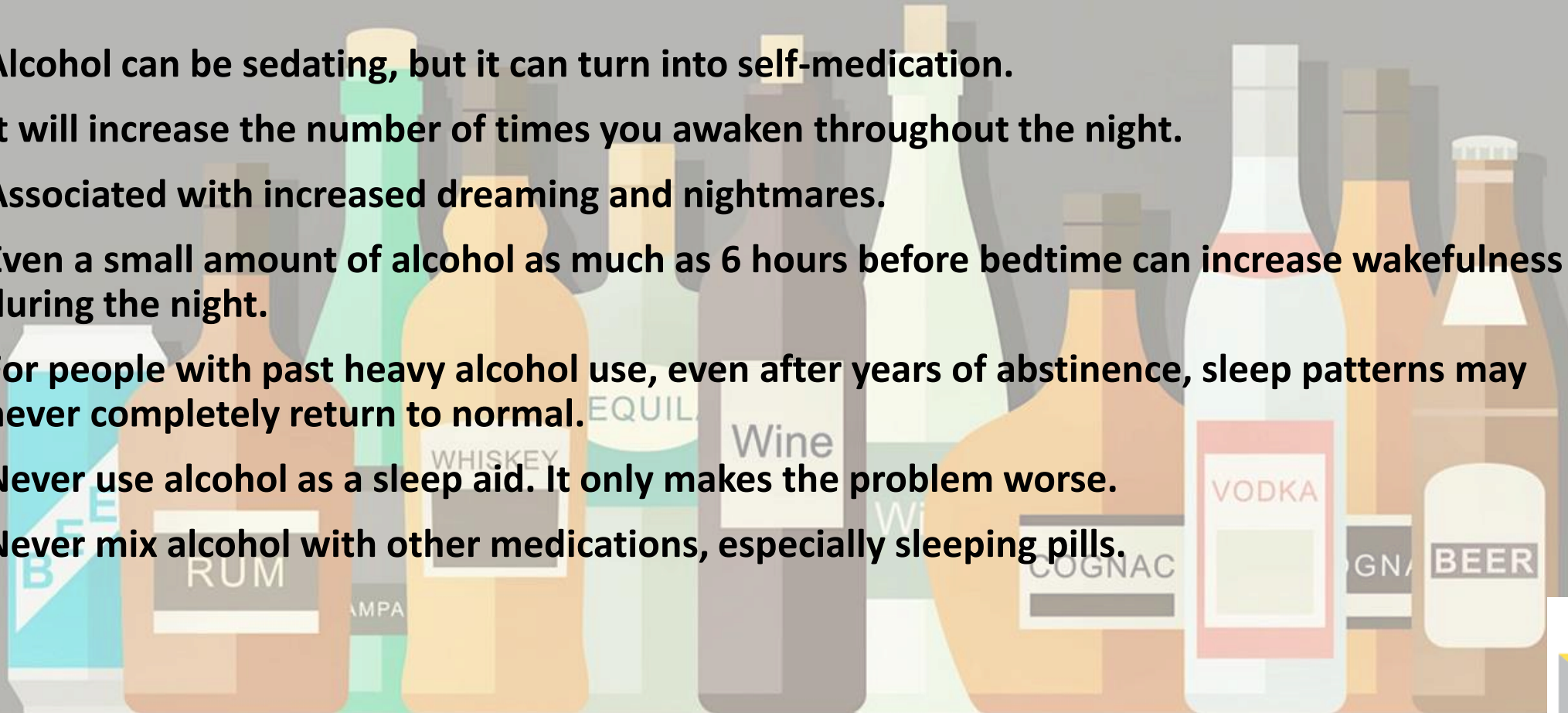


Things that may impact sleep



Alcohol

- Alcohol can be sedating, but it can turn into self-medication.
- It will increase the number of times you awaken throughout the night.
- 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.
- Never use alcohol as a sleep aid. It only makes the problem worse.
- Never mix alcohol with other medications, especially sleeping pills.



Nicotine

- As a stimulant, it increases heart rate, blood pressure, breathing rate, and makes you feel more alert.
- Smokers sleep more poorly than non-smokers due to stimulant effects of nicotine, nicotine withdrawal during sleep, and irritated respiratory system.
- The relaxing part of smoking is the habit that is involved (deep breathing, taking a break), 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.
- In which substances can caffeine be found besides coffee? 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





Sleeping Medications

- Hypnotics have a place in the management of insomnia but are often misused.
- 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.
- Talk to your doctor before trying something new to help you sleep



Sleep and Aging

- Medical conditions often impact our quality and quantity of sleep: prostate enlargement, diabetes, sleep apnea, or pain conditions.
- 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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- 1. Use your bed only for sleep.**
 - 2. Sleep should only occur in bed.**
- 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).



3. Have a routine bedtime and wake up time, seven days a week

- 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.





4. Create a “buffer zone” or 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



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





7. Avoid Daytime Napping

- If you do nap, be sure to schedule naps before 3:00pm.
- Sleeping at any time other than your scheduled time lessens the quality of your nighttime sleep.
- **However, if you find yourself very 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.



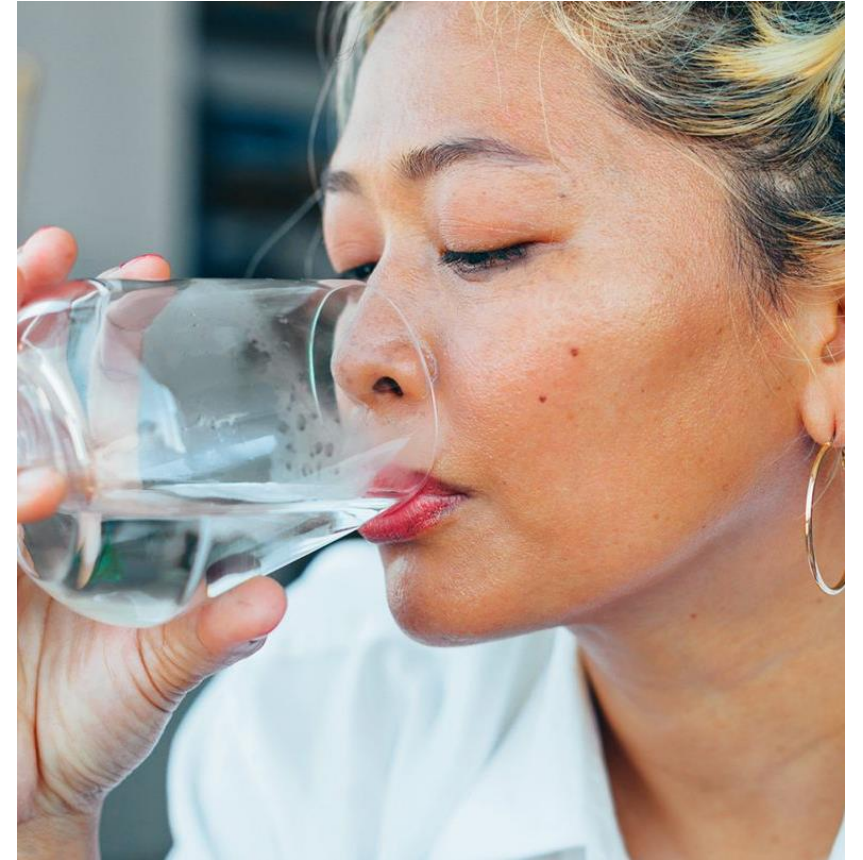
Eating and Drinking

8. Eating

A light snack at bedtime may be sleep promoting

9. Avoid Excessive liquids in the evening

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



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

- 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.



- 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.



Which rules seem
harder v. easier?

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.
- 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.
- No more than 15-20 minutes (try not to watch the clock)
- *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.



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



Relaxation



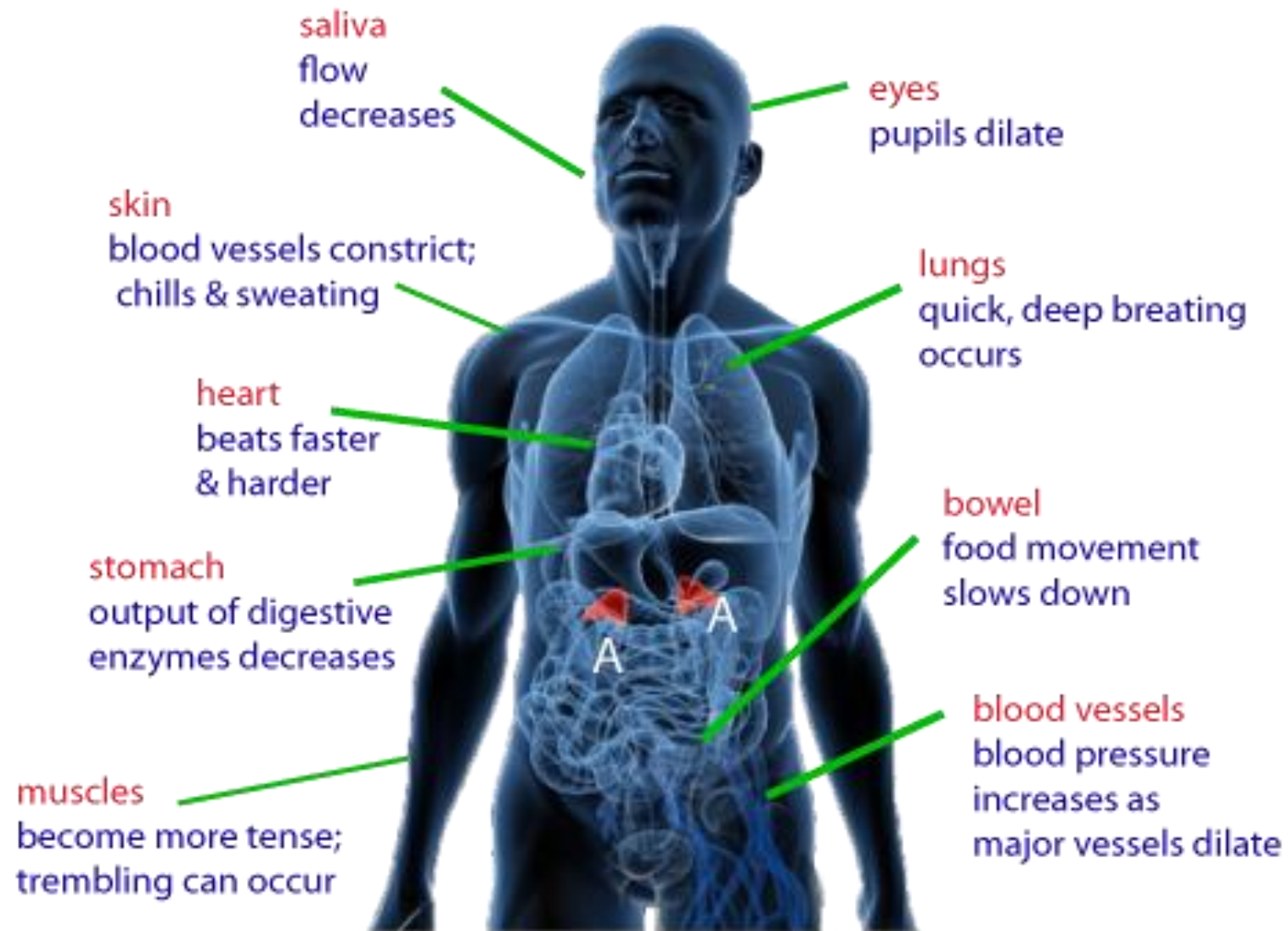
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Arousal & Physical Response

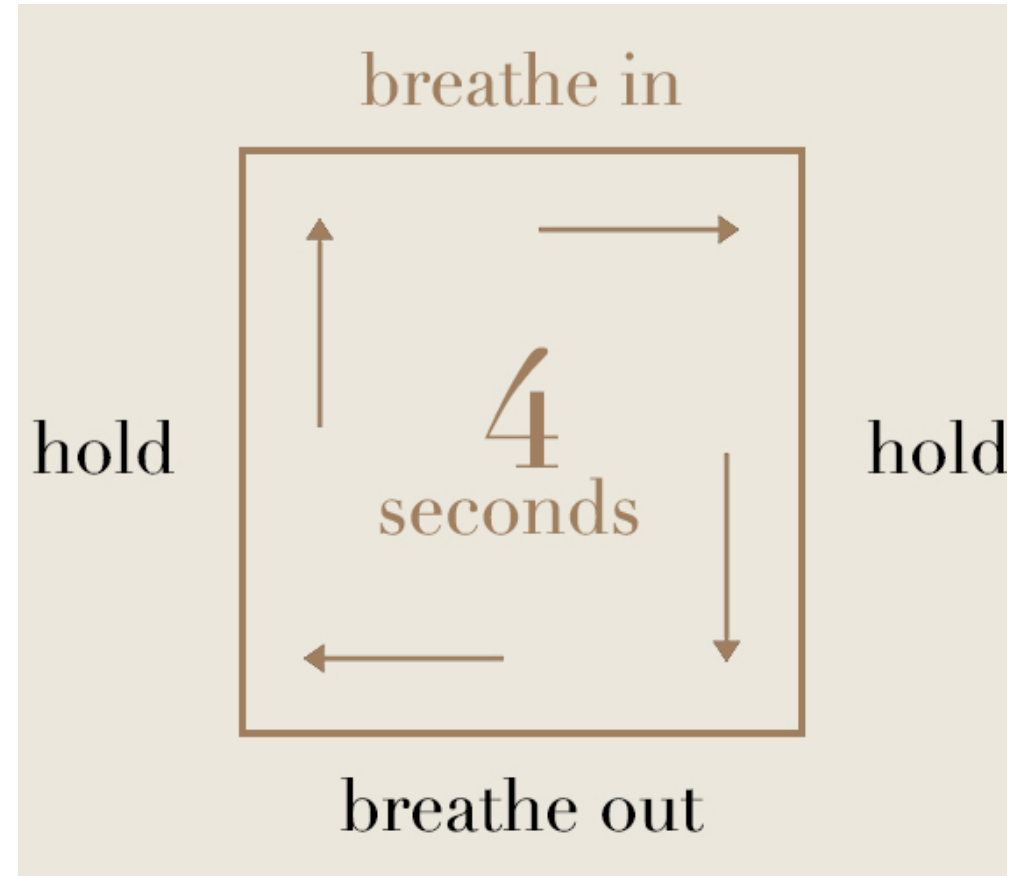
- What happens to our body when we have associated going to bed with arousal, rather than sleep?
- Conditioned arousal is developed through repeated experiences of frustration, anxiety or tension when we are unable to sleep.





Relaxation

- Deep breathing
- Progressive muscle relaxation
- Guided imagery



Guided Imagery



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Thinking Impacts Sleep

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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.



Cognitive Restructuring

“I am going to be worthless tomorrow if I can’t get restful sleep”

Emotion	Evidence	Evidence Against	Neutral Thought	Emotion Now
Frustrated Anxious	I am going to be tired and I don't function well when I'm tired.	I've had nights of bad sleep before, and I was okay.	I will likely be tired if I don't get restful sleep, but I will make it through the day. Hopefully, I will get better rest tomorrow.	Less anxious Calm



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.



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.**



Mindfulness



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Recap on how to handle unhelpful thoughts

Early in the evening, think about your day.

Write down in a notebook any concerns or worries from the day.

Anticipate what might come to mind in bed tonight and write it down.

Write a "to-do" list for tomorrow.

Use this time to feel more organized; close the notebook when you are finished.

At bedtime remind yourself that you have already dealt with worries and concerns.

If new thoughts come up, leave the bedroom and write them in the notebook.

Let yourself focus on positive thoughts and memories in bed.



Sleep Diary: Tracking Your Sleep

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Tracking Your Sleep

Sleep Diary

- A sleep diary is designed to gather information about your daily sleep pattern.
- 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.



Goals





For additional support

- Contact your primary care physician to get a referral to the behavioral health consultant at your office.





Thank you
and
sleep well!

