

REST: Restoring Effective Sleep Tranquility

Group A Tuesday Jan. 26, 2016 12:15-1:15

Week 1

Group Meetings



Aaron Eakman

PhD, OTR/L,
Director of Research,
New Start for
Student Veterans



Joshua Burns

MA, New Start
Student Veteran
Coordinator



Margit Hentschel

PhD, Co-Director,
CSU Center for
Mindfulness

Agreements

- Talking one at a time
- No Judgment
- Be an Active Listener
- Take care of yourself
- Confidentiality
- Other suggestions?

Our room will be open at 12:00

Please be prepared to begin at 12:15

Structure of Relaxation Practice for REST

- Designed to gradually advance your relaxation skills through practice
- Weekly relaxation skills assignments and review
- Relaxation Practice Schedule:
 - Calming Breath Practice – Weeks 1 & 2
 - Body Scan Practice – Weeks 3 & 4
 - Seated Yoga Practice – Weeks 5 & 6
 - Mindful Walking Practice – Week 7
- Closing each meeting with practice



Introducing Calming Breath Practice Tools

- Breathing is the body's internal mechanism to calm us down
- Practiced, slower breathing may stimulate the parasympathetic reaction
- Progressive guided breathing exercises from 3-10 minutes
- Please – Practice daily...



Relaxation is a Practice

The great thing about relaxation is that **it doesn't have to be perfect**, it's a *practice*, an ongoing process

SLEEP BELIEFS QUESTIONNAIRE

What are your thoughts about sleep?



VA Medication List

- [VA Benefits Website \(https://www.ebenefits.va.gov/ebenefits/homepage\)](https://www.ebenefits.va.gov/ebenefits/homepage)

The screenshot shows the eBenefits website homepage. At the top left is the eBenefits logo with the tagline "My Gateway to Benefit Information". To its right are the Department of Veterans Affairs and Department of Defense logos, along with the text "A Service of the Department of Veterans Affairs and the Department of Defense". There are "Log in" and "Register" buttons. Below this is a navigation bar with links for "Apply", "Manage", "Learn", "National Resource Directory", "Employment Center", and "Contact", plus a search icon. A blue banner below the navigation bar reads: "Airborne Hazards and Open Burn Pit Registry is intermittently working. We apologize for any inconvenience." The main heading is "What do you want to do?". Below this are three columns of service categories: "Apply" (with a computer icon), "Manage Benefits" (with a gear icon), and "Manage Health" (with a plus sign icon). Each category lists several services with a small "p" icon. At the bottom of each column is a link to "See all applications for benefits", "See all options to manage benefits", and "See all options to manage your health" respectively. A blue box on the right side of the main heading says "Need help? Appoint a claims agent, attorney, or Veteran Service Organization (VSO) to assist you."

eBenefits
My Gateway to Benefit Information

A Service of the Department of Veterans Affairs and the Department of Defense

Log in Register

Apply Manage Learn National Resource Directory Employment Center Contact Search

Airborne Hazards and Open Burn Pit Registry is intermittently working. We apologize for any inconvenience.

What do you want to do?

Need help? Appoint a claims agent, attorney, or Veteran Service Organization (VSO) to assist you.

Apply

- Disability Compensation
- Add or Remove Dependent
- VA Health Care
- Education Benefits
- Pension Benefits
- Vocational Rehabilitation and Employment
- See all applications for benefits

Manage Benefits

- Compensation Claim Status
- Personal Contact and Direct Deposit
- Military Personnel File
- VA Letters
- Certificate of Eligibility for Home Loan
- Supporting Document Upload for Claims
- See all options to manage benefits

Manage Health

- Share Your VA Medical Records
- VA Prescription Refills
- VA Medical Appointment Scheduling
- Hearing Aid Batteries and Prosthetic Socks
- VA Medical Provider Messaging
- DoD TRICARE® Health Insurance
- See all options to manage your health

The screenshot shows the My HealthVet website. At the top is the Department of Veterans Affairs logo and the "My healthvet" logo. Below the logo is a navigation bar with links for "HOME", "PERSONAL INFORMATION", "PHARMACY", "RESEARCH HEALTH", "GET CARE", "TRACK HEALTH", "MHV COMMUNITY", and "SECURE MESSAGING". There is also a search bar. The main heading is "Rx Refill". Below this is a text block explaining the Pharmacy section and how to use the Prescription Tracker. To the right of the text is a "Welcome Joshua" message with a "Premium Account" badge and a "Logout" button. Below the text are four boxes: "Refill My Prescriptions", "Prescription Refill History", "Meds, OTC, Herbals, & Supplements", and "Prescription Track Delivery". Each box has a "More" link. At the bottom right is a "If You Take A HYDROCODONE COMBINATION" message with a "If You Take TRAMADOL" message below it.

UNITED STATES DEPARTMENT OF VETERANS AFFAIRS

VA Home My healthvet

VA Facility Locator About MHV RSS Feeds Help FAQs Contact MHV Search My HealthVet SEARCH

HOME PERSONAL INFORMATION PHARMACY RESEARCH HEALTH GET CARE TRACK HEALTH MHV COMMUNITY SECURE MESSAGING

RX REFILL MEDICATIONS + SUPPLEMENTS

Rx Refill

The Pharmacy section allows you to refill and track delivery of your VA Prescriptions online. The Prescription Tracker lets you monitor delivery of VA prescriptions shipped by a VA Mail Order Pharmacy. To learn more, visit [Track Delivery](#). In the Pharmacy section, you can also self-enter your over-the-counter medications, herbals and supplements. This includes any medicine your Non-VA provider has ordered. You may also view a list of your VA Medications and view your VA Rx Refill History. An [Advanced](#) or [Premium](#) My HealthVet account gives you access to all the features in this section. Get started today!

Refill My Prescriptions

Refill your VA Prescriptions online and **Track Delivery**... More »

Prescription Refill History

View the VA Prescriptions you refilled online and **Track Delivery**... More »

Date	Code	Quantity
01/21/2006	75099831	
02/04/2006	4839104	
03/09/2006	1787108	

Meds, OTC, Herbals, & Supplements

View, Add and Edit your information... More »

Prescription Track Delivery

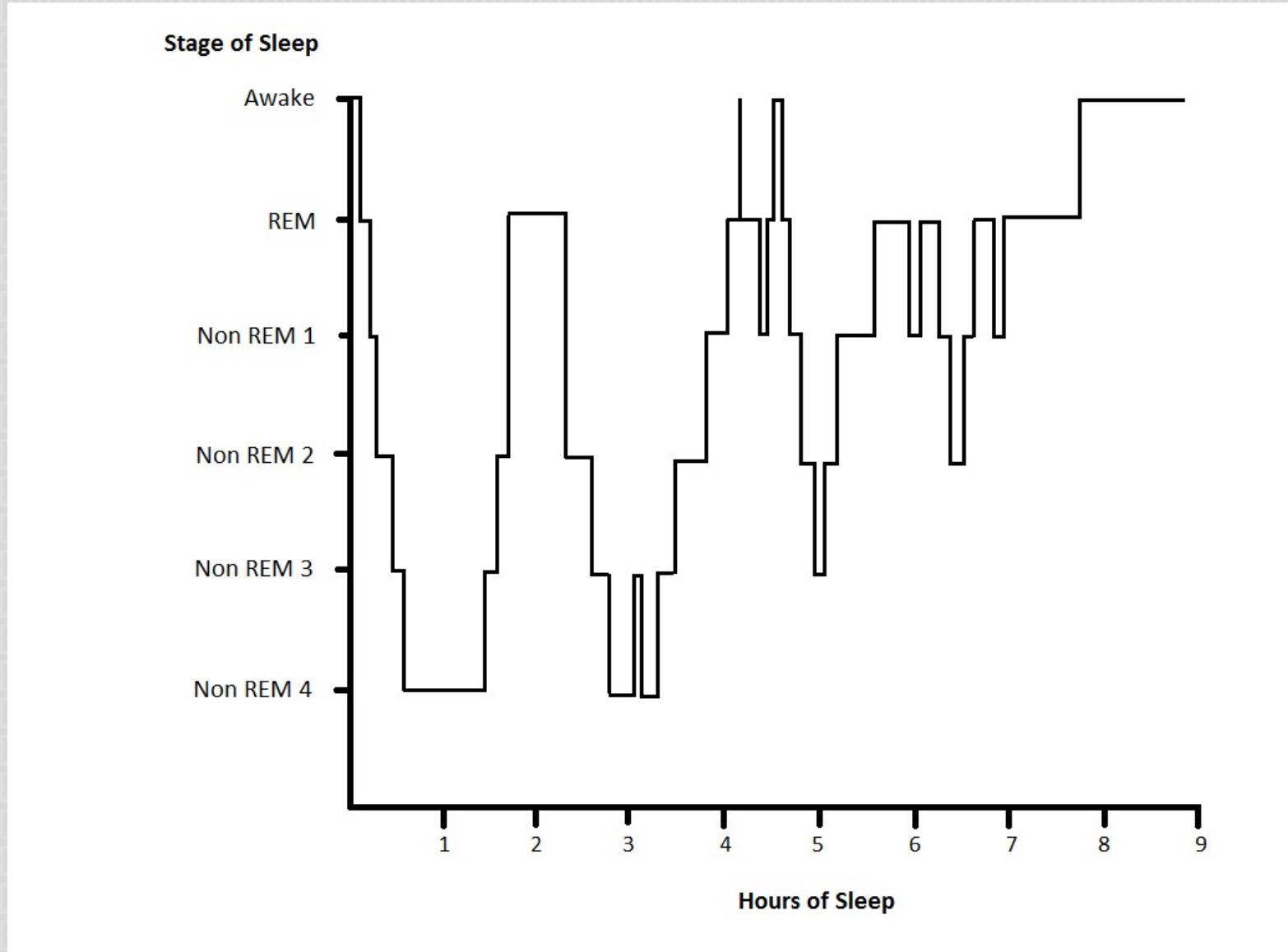
Track Delivery of your VA Prescriptions... More »

Welcome Joshua
You have a **Premium Account**
Last successful login:
22 Jan 2016 @ 0743 ET
Logout

If You Take A HYDROCODONE COMBINATION
There is a new DEA rule for Hydrocodone Combination (HC) prescriptions. [Read more to learn how this may affect your prescription.](#)

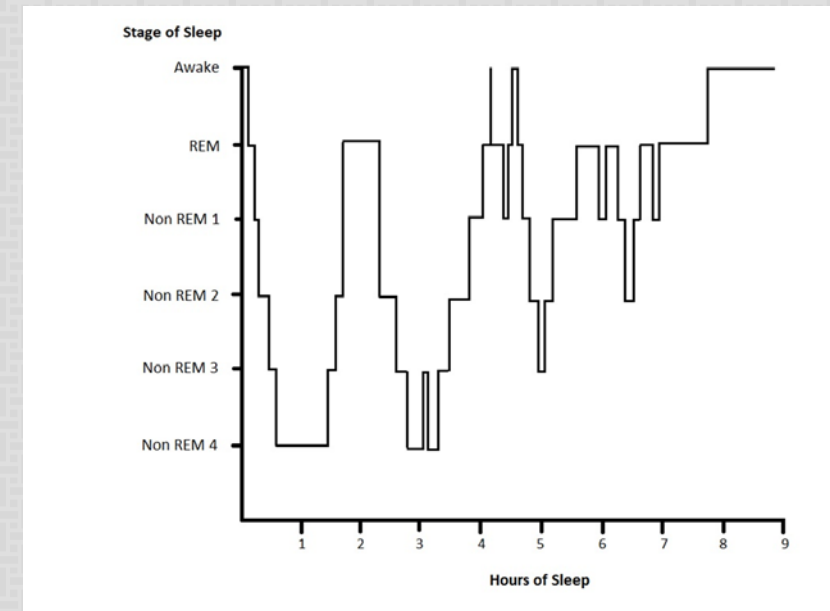
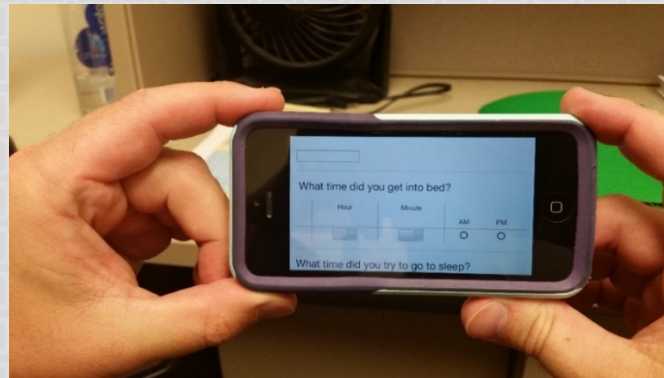
If You Take TRAMADOL
There is a new rule for Tramadol prescriptions. Check to [see if it affects you \(PDF\)](#).

Hypnogram – Normal healthy adult



What have you learned about your sleep from completing the daily sleep diary?

- How's the sleep diary going?
- What difficulties do you have falling or staying asleep?
- How's the Fitbit working?



Sleep Drive

- A *homeostatic* system: balances how much time you spend awake and active with how much time you spend asleep or resting
- **Sleep drive** is the amount of pressure to go to sleep your body produces
- A strong **sleep drive** is based on how much time you spend awake and active in a 24-hour period
- **Quality vs. Quantity:** 6 hours of quality, uninterrupted sleep feels much better than 9 hours of broken, light sleep



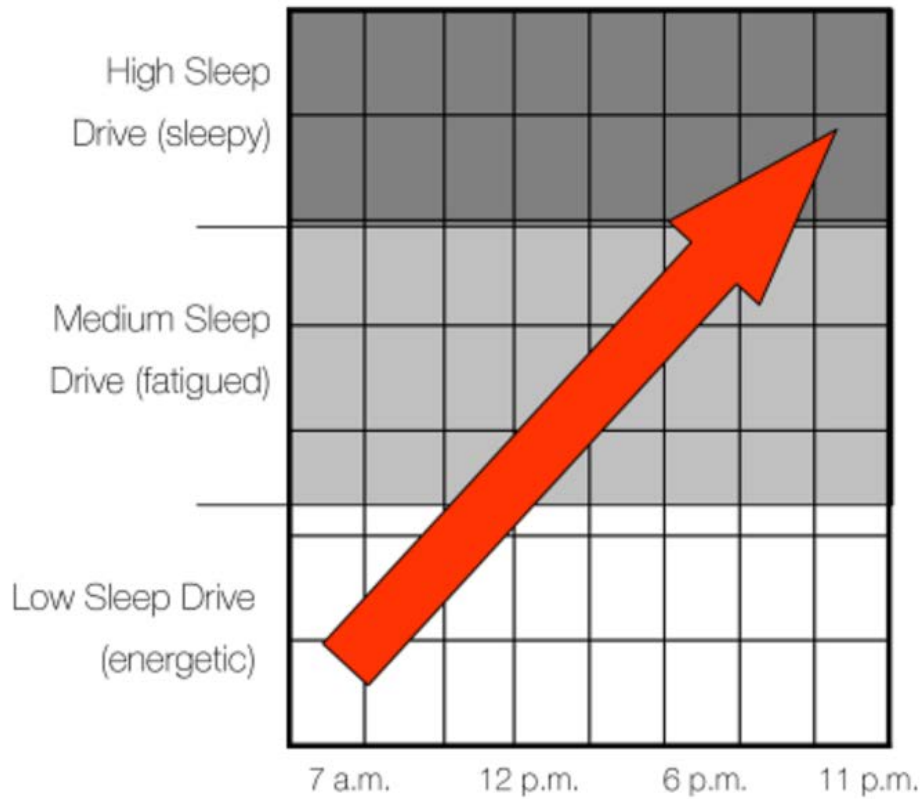
From *Quiet your Mind & Get to Sleep: Solutions for Those with Depression, Anxiety, or Chronic Pain*. (p. 36, 40), by Carney, C., Manber, R. (2009) Oakland, CA: New Harbinger Publication, Inc.

[Image from Cool Conversations Live \(http://coolconversationslive.com/balance-vs-rhythm/\)](http://coolconversationslive.com/balance-vs-rhythm/)

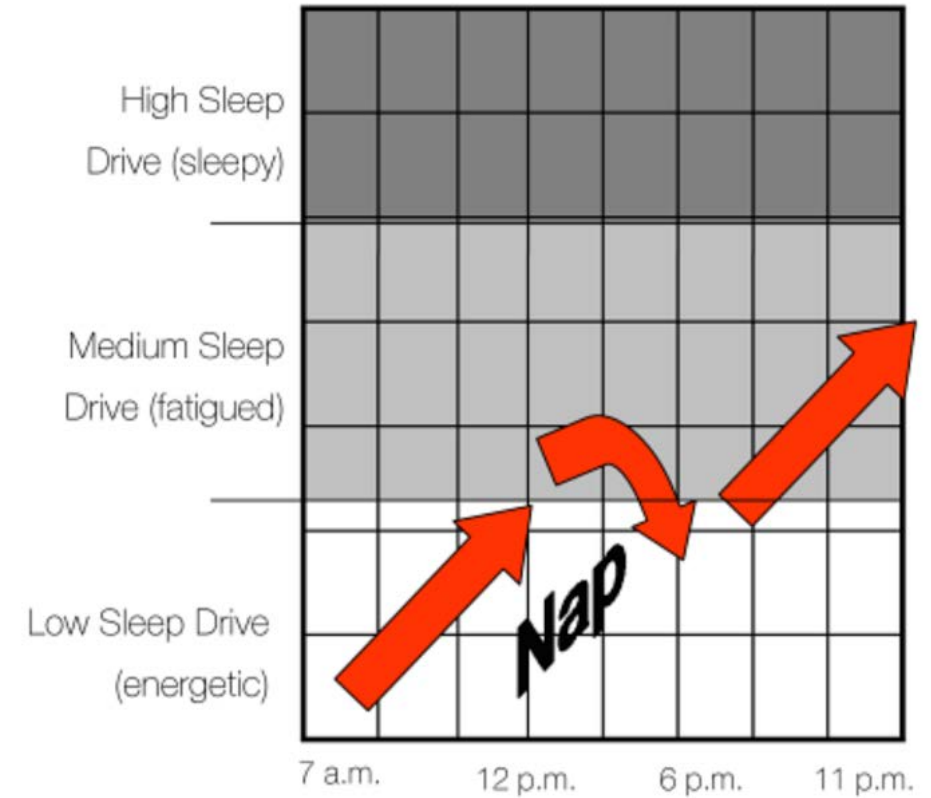
[Image from iluvym Blogspot \(http://iluvym.blogspot.com/2012/07/clipart-man-running.html\)](http://iluvym.blogspot.com/2012/07/clipart-man-running.html)

[image from Suggest Keyword \(http://www.suggestkeyword.com/c2xIZXAgc2lsaG91ZXROZQ/\)](http://www.suggestkeyword.com/c2xIZXAgc2lsaG91ZXROZQ/)

SLEEP DRIVER SYSTEM



Under normal circumstances, the drive for sleep builds throughout the day until the drive is strong enough at bedtime to produce sleep.



Sleep drive builds as the day goes on; however, napping reduces sleep drive significantly, such that there's not enough time to rebuild enough of a sleep drive before bedtime.

- **Losing sleep one night has a positive effect on the next night's sleep:**
 - The sleep driver pushes more strongly for sleep the longer you're awake and active during the day
 - If you're awake during the night, the driver will push for sleep the next night to compensate

Owl vs. Lark: What kind of body clock do you have?



- Eveningness: performance seems best in the evening



- Morningness: performance seems best in the morning

WHICH ARE YOU? HAS THIS CHANGED FOR YOU RECENTLY?

From *Quiet your Mind & Get to Sleep: Solutions for Those with Depression, Anxiety, or Chronic Pain*. (p. 36-37),
by Carney, C., Manber, R. (2009) Oakland, CA: New Harbinger Publication, Inc.

[Image from Pixabay \(https://pixabay.com/en/photos/owl/\)](https://pixabay.com/en/photos/owl/)

[Image from Wikipedia \(https://en.wikipedia.org/wiki/Lark\)](https://en.wikipedia.org/wiki/Lark)

Some Reminders on Chapter 3: Understanding Insomnia and Your Sleep System

- Your sleep is run by two main physiological systems: a driver system that balances between time asleep and time awake, and a body-clock system that determines the best timing for sleep.
- A regular rise time helps set the body-clock system.
- Regular timing of activities set the body-clock (such as going outside, taking meals, exercising, and socializing) will maintain your body clock and should help you sleep.
- Spending increased amounts of time resting or trying to make up for lost sleep sends a message to your sleep driver to produce less and not-as-deep sleep.

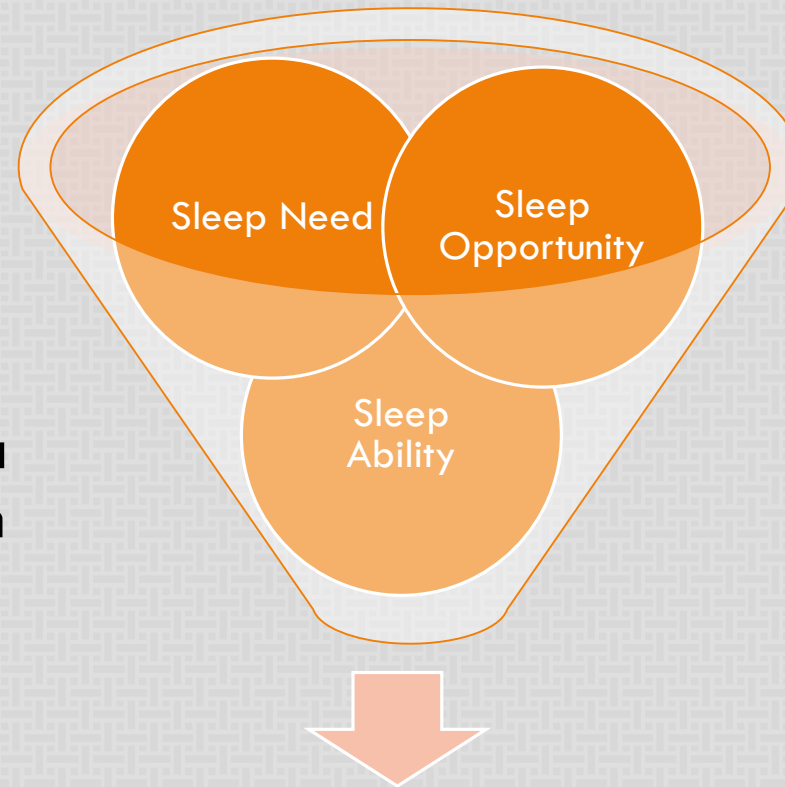
Optimizing Your Sleep System

- Rather than match the amount of time spent in bed to your desired amount of sleep, you actually need to match the time spent in bed (sleep opportunity) to your body's current sleep ability
- The main factor in determining your sleep drive is how much time you've spent awake, active, and out of bed in the previous 24 hours



Quality Sleep: Need – Ability – Opportunity

- Sleep Need is the minimum number of hours of quality sleep a person requires for effective daytime functioning (7-9 hrs*).
- Sleep Opportunity is the availability of a sleep environment (time & place) that can support quality sleep.
- Sleep Ability is the number of hours of quality sleep each night that a person is presently getting.



Quality Sleep: The Right Balance

1) *Hirshowitz, et al. (2015). National Sleep Foundation's sleep time recommendations: Methodology and results summary. *Sleep Health*. 40-43, doi10.1016/j.sleh.2014.12.010

2) Perlis, et al. (2015) CBT-I Workshop. University of Pennsylvania

SLEEP RESTRICTION (SR) AND STIMULUS CONTROL (SC)

Work with Natalie on this!

- Go to bed at your prescribed time to bed (PTTB)
 - STAYING AWAKE UNTIL YOUR BED TIME IS THE FOCUS FOR IMPROVING YOUR SLEEP
- Get out of bed and leave the bedroom when you can't sleep
 - STAYING AWAKE FOR AN ADDITIONAL 30, 60, OR 120 MINUTES WILL BE THE FOCUS FOR IMPROVING YOUR SLEEP
- Get out of bed at your set wake time
 - DON'T LINGER IN BED – PLACE YOUR ALARM (OR TWO) FAR UNDER YOUR BED or FACING AWAY FROM YOU ACROSS ROOM
- Refrain from napping (THIS ALSO MEANS MICRO-SLEEP or NODDING OFF)

FATIGUE VERSUS SLEEPINESS

Fatigue

- Physical sensations like feeling tired or having heavy limbs
- Feeling mentally “cloudy” and difficulty concentrating and making decisions
- Negative effects on mood such as grouchiness, anxiety, and depressed mood
- **Most troublesome problem for those with insomnia**

Sleepiness

- A struggle to stay awake
- Possibility of falling asleep unintentionally
- Most often occurs in monotonous or passive situations such as watching TV



Increased Fatigue & Sleepiness after Starting Sleep Restriction and Stimulus Control

- **This means the treatment is actually working**
- You will know you require more sleep only if:
 - You're very sleepy at bedtime (meaning that you fall asleep within ten minutes or so)
 - You remain asleep for most of the night
 - You don't yet feel optimally alert during the day
- If all conditions are met, THEN you can increase the time spent in bed – **Work with Natalie on this!**
 - Stay on new schedule for at least a week
 - We'll discuss how we calculate Sleep Efficiency next week!



Some Reminders on Chapter 5: Optimizing Your Sleep System by Changing Your Habits

- The amount of sleep you need is based on the sleep driver system, not on the amount of sleep you desire.
- Spending more time in bed (sleep opportunity) than the amount of sleep your body is currently producing (sleep ability) leads to poor quality sleep - decreasing your sleep drive.
- Limiting your time in bed (sleep opportunity) in a systematic way increases your body's sleep drive and produces better quality sleep (Sleep Restriction).
- Keeping a regular rise time seven days a week will help set your natural body clock

“The great thing about relaxation is that **it doesn't have to be perfect**, it's a *practice*, an ongoing process.”



Please practice your
Calming Breath this week

[Image from Zen Doctor \(http://zendoctor.com/ZazenPics.html\)](http://zendoctor.com/ZazenPics.html)

Reminder

- Next Group Meeting Tuesday Feb. 2nd at 12:15 ...
- Please read **Chapters 3 & 5, and Perlis et al. 2015 Chapter 2 (handout)**

