

REST: Restoring Effective Sleep Tranquility

Group A Tuesday Feb. 9, 2016 12:15-1:15

Week 3

Agreements

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

Our room will be open at 12:00
Please be prepared to begin at 12:15

Quick Yes or No — A raise of hands



- Who watched/ listened to the Week 2 video lecture Aaron prepared last week?
- If you didn't listen to the video lecture, who read through the Week 2 PowerPoint?

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



[Image from Cheat Sheet \(www.cheatsheet.com/health-fitness/5-breathing-exercises-that-can-reduce-stress.html\)](http://www.cheatsheet.com/health-fitness/5-breathing-exercises-that-can-reduce-stress.html)

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

How was your calming breath practice last week?

Time for Relaxation — Body Scan Practice



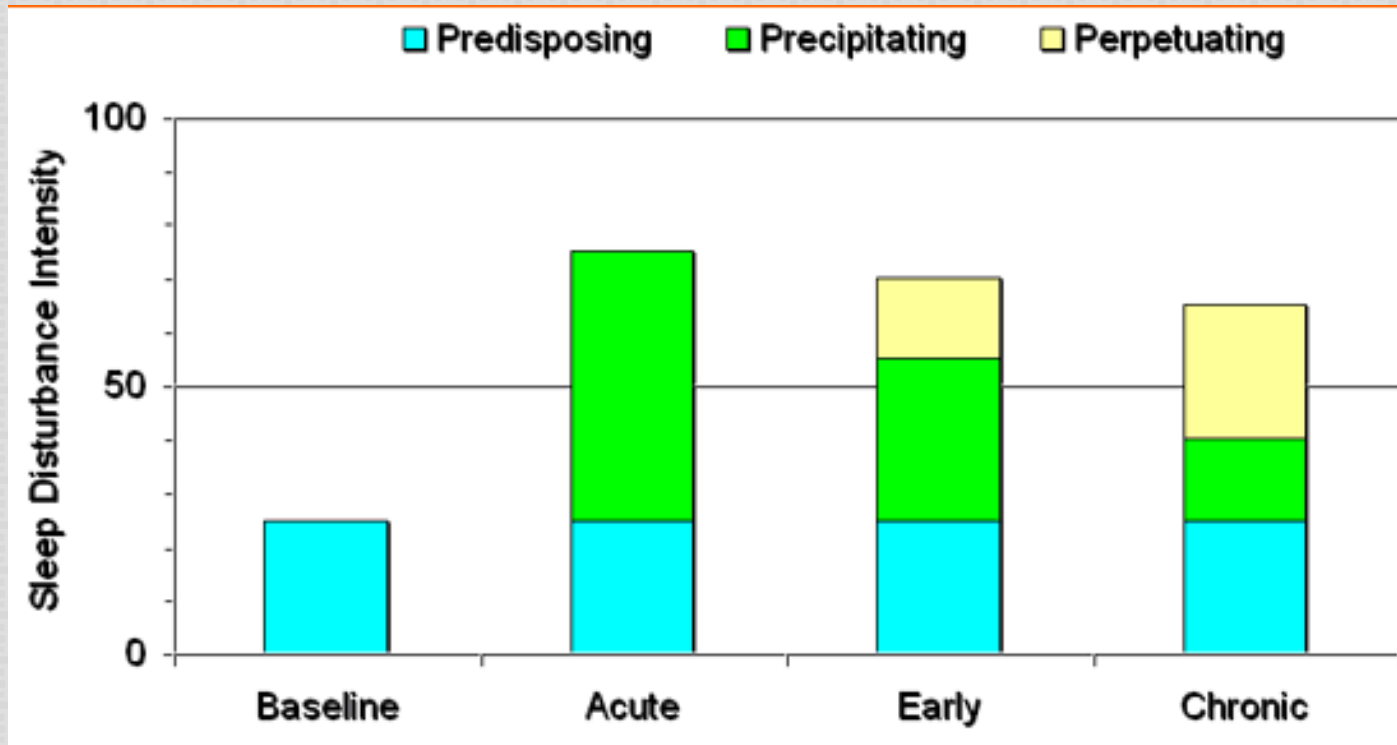
*Brings awareness to your body without trying to change anything.

*May help you strengthen your mind's focus and attention.

*May assist you in releasing stress from your body in connection with your breathing.

3-P Model – Acute to Chronic Insomnia

Perpetuating: strategies that prolong insomnia



● Perpetuating:

- Behaviors adopted in an attempt to get more sleep:
- Excessive time in bed
 - Going to bed early
 - Getting out of bed later
- Napping
- Non-sleep behaviors in bed or bedroom

Chapter 4: Sleep-Incompatible Behaviors: Tools for Change

- **Insomnia is a 24-hour problem**
- **Some people are more distressed by how they feel *after* a poor night's sleep**
 - **You may feel physically tense, worry about not sleeping and how you'll perform tomorrow**
- **This tension can lead you to try harder to sleep, which will make sleep even more elusive**



From *Quiet your Mind & Get to Sleep: Solutions for Those with Depression, Anxiety, or Chronic Pain*. (p. 47-48), by Carney, C., Manber, R. (2009) Oakland, CA: New Harbinger Publication, Inc.

Perpetuating Behaviors: Things people do that have an unintended negative effect on sleep



CONTEXT MATTERS

- Some might be effective coping behaviors in the initial stages of the sleep problem, but in the long run exacerbate the insomnia
- Examples:
 - Trying to sleep in
 - Going to bed earlier than usual
 - Canceling daytime activities
 - Napping during the day

From *Quiet your Mind & Get to Sleep: Solutions for Those with Depression, Anxiety, or Chronic Pain*. (p. 48), by Carney, C., Manber, R. (2009) Oakland, CA: New Harbinger Publication, Inc.

Image from RAND (<http://www.rand.org/news/press/2015/04/06.html>) (Army: Airborne)

SLEEP RESTRICTION (SR) AND STIMULUS CONTROL (SC)

- 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 (PTOB)
 - 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)
 - If you nap – delay your PTTB by the same amount to adhere to your sleep prescription.

Summary of Techniques that Improve Sleep

- **Wake up at same time to maintain your circadian clock** (Required gear: alarm clock)
- **Get out of bed when you wake up in morning – Morning routines work!**
- **Be active and engaged during the day to build sleep drive**
- **Eliminate napping to further build sleep drive – or take that time from your sleep bank!**
- **Go to bed at a consistent time for needed sleep – use your bed only for sleep and sex**
- **When you can't sleep: get up and leave the bedroom – 30, 60, 120 minutes**



Do these with greater consistency: Sleep is better

Do these inconsistently: Sleep is worse



SLEEP DIARY

Individual Sleep Diary Report

Report Parameters

Date Report Generated: January 11, 2016

Participant ID: 2

Date Range for Sleep Data: 12/11/2015 to 12/17/2015

Summary of Time Variables for Date Range

DAY	INBED	SLEEP	WAKEUP	GETUP
Fri 11 Dec	21:30	21:35	07:15	07:20
Sat 12 Dec	01:05	01:05	07:10	07:30
Sun 13 Dec	01:05	01:05	06:30	07:00
Mon 14 Dec	22:00	22:05	07:15	07:30
Tue 15 Dec	22:30	22:35	06:30	06:35
Wed 16 Dec	00:30	00:35	06:35	06:50
Thu 17 Dec	23:30	23:30	06:00	06:10

Summary of Constructed Variables for Date Range

DAY	SOL	NWAK	WASO	TIB	NAPS	TNAP	TST	SE
Fri 11 Dec	15	2	35	590	0	0	535	91
Sat 12 Dec	10	0	0	385	0	0	355	92
Sun 13 Dec	10	1	15	355	1	90	300	85
Mon 14 Dec	15	2	135	570	1	15	405	71
Tue 15 Dec	20	1	15	485	0	0	445	92
Wed 16 Dec	10	1	30	380	0	0	325	86
Thu 17 Dec	10	1	10	400	0	0	370	92
Average	13	1	34	452	0	15	391	87

PTTB:

Prescribed Time to Bed

PTOB:

Prescribed Time out of Bed

Share your sleep prescription with your bed partner...let them know about your sleep prescriptions.

Sleep Efficiency Therapy* - REST's General Rule

Total Time in Bed (difference between time to bed and final time out of bed)

- Total Time Awake (time to fall asleep, night awakenings, and in bed after final awakening)

Total Sleep Time

Sleep Efficiency = $(\text{Total Sleep Time} \div \text{Total Time in Bed}) \times 100$

>90% = 15 minutes earlier to bed (more time for sleep)

85% - 90% = same time to bed (less time for sleep)

<85% = 15 minutes later to bed (less time for sleep)

Note – Please estimate your time awake in bed only when you were aware you were awake
– the Fitbit reports your movement, it doesn't know you were awake...*AKA – Sleep Restriction Therapy

Increased Fatigue & Sleepiness Likely - Embrace the Suck!

- **The initial sleep loss that occurs with treatment can increase the homeostatic pressure for sleep (sleep drive), which can help you fall asleep sooner and wake less often at night – A higher sleep efficiency.**
- **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!**



How are you doing it?: Staying Awake Until Your Prescribed Time to Bed (PTTB)...



What you might want to do if watching TV: *micro-sleeping/ nodding off decreases sleep drive and impairs sleep quality*



What activities can you do until your PTTB?

What can you do to help you stay awake before your PTTB*?

Goals for the Week of _____ Check if you met your goal.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. Until my PTTB I'll...							
2.							
3.							

Conditioned Arousal: When situations associated with sleep become alerting rather than relaxing.

- **Staying in bed when you can't sleep** – the bed becomes paired with an arousing rather than sleep-promoting experience

SO...

- **Don't remain in bed when you can't sleep** – if you are lying awake for 15 minutes then get out of bed – engage in a relaxing activity – return to bed later (e.g., 30 minutes) when feeling sleepy



Note: this may result in initial sleep deprivation, but with consistent use this usually works in 1 to 2 weeks

What can you do when you get out of bed when you awake at night?

Goals for the Week of _____ Check if you met your goal.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. I'll get out of bed and do...							
2.							
3.							

Help Your Body Clock “Reset” Each Day

- Getting out of bed at a **regular time each morning**: strengthens the beat of your internal clock and naturally leads to a sleepy feeling at around the same time each night
- Performing the same activities on most days at around the same time helps set your body clock to a more reliable beat
 - Regularity and timing of meals, social activity, and exercise
 - Building a routine into your day can help
- Regular schedule, especially a regular rise time, produces **better sleep and a better mood** → sends cues to your body clock to keep it working optimally



From *Quiet your Mind & Get to Sleep: Solutions for Those with Depression, Anxiety, or Chronic Pain*. (p. 38), by Carney, C., Manber, R. (2009) Oakland, CA: New Harbinger Publication, Inc.

Image from Pixabay (<https://pixabay.com/en/woman-girl-young-people-person-792150>)

Irregular Rise Time: Getting Out of Bed and Staying Up

- An irregular sleep-wake schedule, especially an irregular rise time, is detrimental to sleeping well: **Weakens body clock and sleep drive**
- Weekends vs. Workdays: Most people try to compensate for lost sleep on weekends which usually results in **low quality of extended sleep**
- **A regular rise time allows your body to build its sleep drive at the same time everyday, sets your body clock, and improves sleep quality**



*What helps you get out
of bed in the morning?*

What activities can you do to help you get out of bed after your PTOB*?

Goals for the Week of _____ Check if you met your goal.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. When I wake at my PTOB I will...							
2.							
3.							

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



Please remember to do a mindfulness practice of your choice this week

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

[\(http://zendoctor.com/ZazenPics.html\)](http://zendoctor.com/ZazenPics.html)

From *Quiet your Mind & Get to Sleep: Solutions for Those with Depression, Anxiety, or Chronic Pain.* (p. 94),
by Carney, C., Manber, R. (2009) Oakland, CA: New Harbinger Publication, Inc.

Reminder

- Next Group Meeting is **Tuesday, February 16th at 12:15 in OT 101**
- Please read **Chapter 7** in *Quiet Your Mind and Get to Sleep*

