

**REST: Restoring Effective Sleep Tranquility**

**Group A Tuesday Feb. 16, 2016 12:15-1:15**

**Week 4**

# 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

# 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.

# 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 mindfulness practice last week?

# SUPPORTS AND BARRIERS TO RELAXATION TRAINING

## SUPPORTS

Same time of day for practice...

Believe it's worth trying...

Mobile App like *Breathe* by Jatra...

Others...

## BARRIERS

Difficulty making time...

Anxiety or worry about practicing...

Concerned what others might think...

Others...

# SAFETY BEHAVIORS -

Do you recognize any of these?

- Canceling appointments after a poor night's sleep
- Trying to suppress or avoid certain thoughts as you try to sleep
- Trying to keep images from appearing in your mind as you try to sleep
- Drinking alcohol when something upsetting comes to mind
- Taking a sleeping pill if you notice tension or physical sensations associated with being unable to sleep
- Avoiding interacting with people after a poor night's sleep

# Beliefs About Sleep Needs: The Golden Rule of Sleep

- The golden rule of sleep: a good night's sleep equals good daytimes functioning and a poor night's sleep equals poor daytime functioning – 100% of the time...
- How strongly do you hold onto this belief or how flexible is this belief for you?
- Sometimes poor sleep is followed by poor performance, but not always.
- When we sleep well, it doesn't always translate into optimal performance.
- Both of these scenarios occur every day and are thus possible, but sometimes people too rigidly hold the belief that poor sleep equals poor functioning 100% of the time.

# Chapter 7: Myths and Unhelpful Beliefs About Sleep

- If I'm having trouble sleeping, I should try harder.
- If I didn't get enough sleep last night, I should try catching up on lost sleep tonight.
- I should sleep at least eight hours every night.
- If I don't sleep well on a given night, I won't be able to cope or adequately function the next day.
- When I'm having a bad night, it's mostly because I didn't sleep well the previous night.
- The consequences of not sleeping well are quite serious.



# Sleep Effort and The Paradox of Insomnia

- **Paradoxical Intention:** If *trying* to sleep is part of the problem, the answer is trying *not* to sleep?
- **How does it work:** By eliminating the effort to sleep; this teaches us that sleep occurs most easily when allowed to unfold naturally...it can not be forced.

Good sleep is about staying awake...

perhaps more accurately...

Good sleep is about being engaged with life!

# 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?

# Providing a Mental Wind-Down Period – Process Your Day and Prepare for Tomorrow...

- Your mind needs to process the day's events before going to bed; Set aside a buffer zone between being active and going to bed
  - Evening walk
  - Taking a bath
  - Relaxation/ meditating (practice what you have learned in REST)
  - Talk to a friend or partner
  - Write in a journal - prepare a "to do" list



# 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
- **But what about the weekend? – its usually the hardest to maintain a set rise time...**



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>)

# Other topics you would like to be addressed?



Image from 1234RF (<http://www.123rf.com>)

Image from Twitter ([twitter.com/typicalminions/status/383028095248113664](https://twitter.com/typicalminions/status/383028095248113664))

“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)

# Reminder

- Next Group Meeting is **Tuesday, February 23<sup>rd</sup> at 12:15 in OT 101**
- Please read **Chapters 6 & 9** in *Quiet Your Mind and Get to Sleep*

