

**REST: Restoring Effective Sleep Tranquility**

**Group A Tuesday Feb. 23, 2016 12:15-1:15**

**Week 5**

# 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

# 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



# 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?

# Time for Relaxation – Seated Yoga

Yoga simply means "union"; connecting your mental and physical states.

Yoga movements, or postures, are designed to bring together your mental and physical states (union) and connect with your natural state of inner healing.

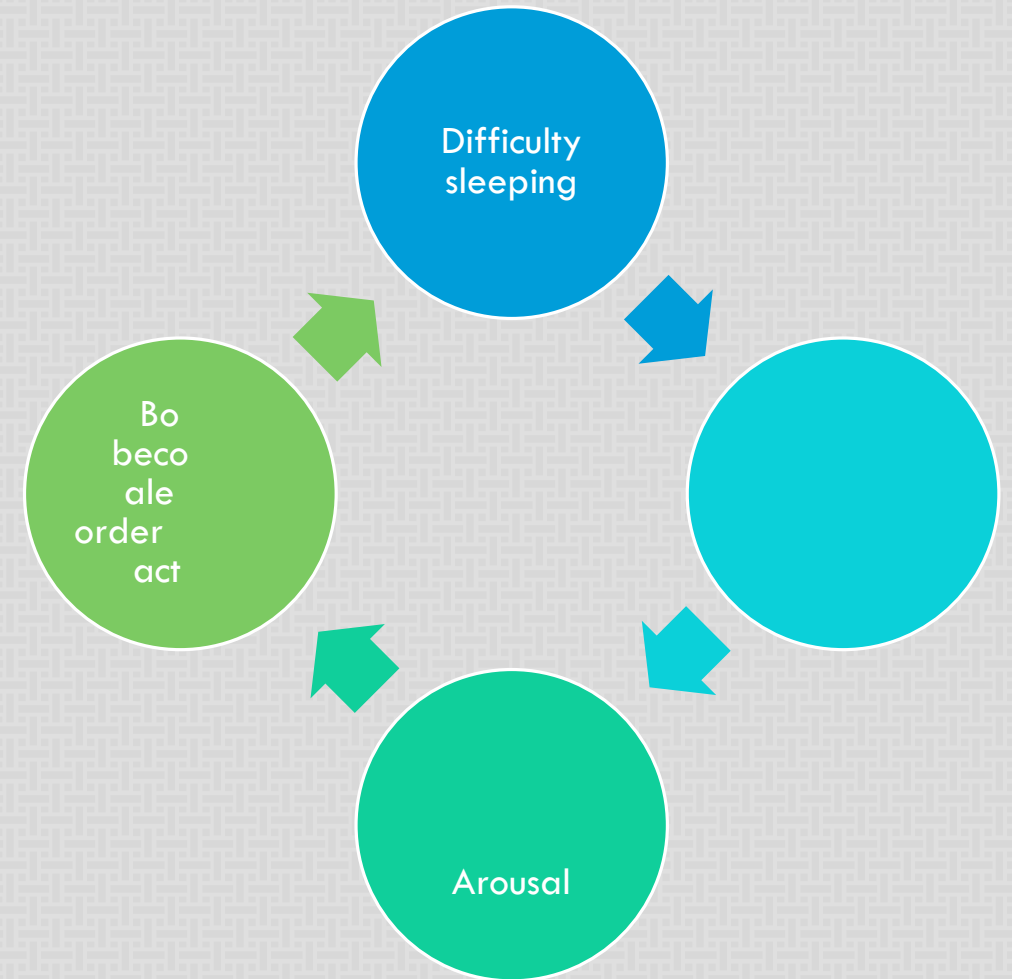
Breath practice and awareness throughout your yoga movement practices may contribute to relaxation and prepare you for sleep.

Please remember to plan a time each day for mindfulness practice...



# Sleep Difficulties as a Source of Stress

- A stressful life event may trigger sleeping difficulty – but sleep difficulties also become a source of stress
- Upsetting emotions and body tension aren't compatible with sleeping
- Dangers we perceive in bed include worrying about work, going over our to-do lists, rehashing a negative interaction we had with someone, or being concerned that losing sleep will screw up tomorrow



# Bed Is Not The Place for Worrying

Reason #1: There's little you can do to solve problems when you're in bed and only half awake.

Reason #2: Worrying evokes anxiety that keeps you awake.



[flickr.com/photos/kemyuhh/2917293212](https://www.flickr.com/photos/kemyuhh/2917293212)

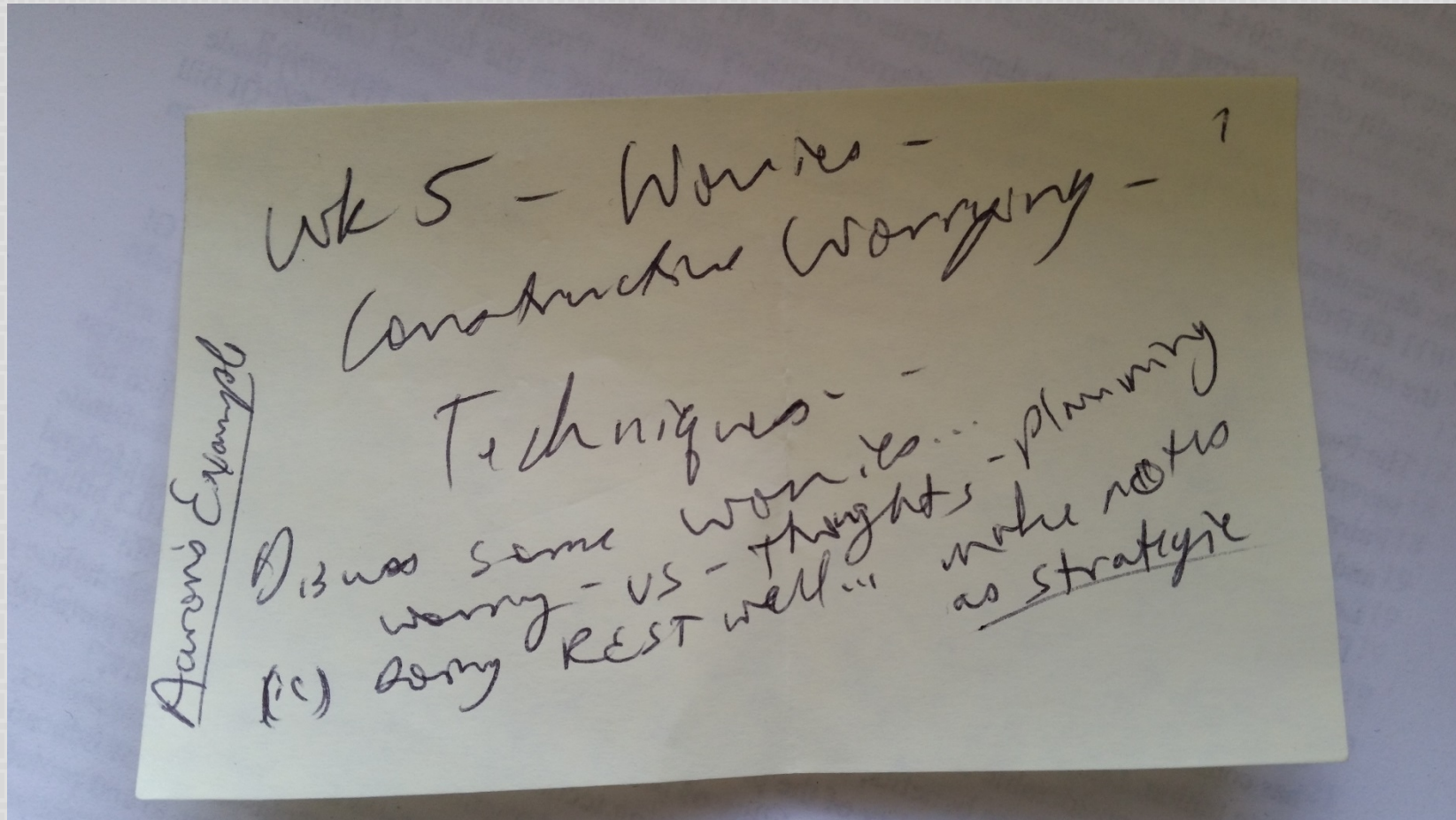
# Providing a Mental Wind-Down Period – Process Your Day and Prepare for Tomorrow...

- 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





# One of Aaron's Worries...



# How to Worry Constructively

1. Think of problems from the day that have the greatest likelihood of keeping you awake at bedtime. List in Concerns column.
2. For each problem, think of the next step that you could take towards solving each problem. Write this in the “Solutions” column. Think of concrete and immediate steps you can take to solve the problem.
3. Fold your piece of paper in half and place it next to your bed. Forget about it until bedtime.
4. At bedtime, if you start to worry, tell yourself you’ve already dealt with your problems in the best possible way and that you did so when you were at your problem-solving best.

# Summing Up

## Chapter 6: Quieting Your Mind: Tools for Change

- Leave the bedroom when unwanted thoughts are bothering you
- Create a mental wind-down period: anticipate your mind's need to process the day's events by providing a demands-free period – a *buffer zone* – at least one hour before bedtime
- If you tend to worry or solve problems while in bed, schedule some structured worry time in the early evening to address concerns when your mind is better able to solve problems adaptively (use worksheet 6.1, “Constructive Worrying,” to help guide this process)
- Consider scheduling your daily relaxation practice within your “buffer zone” for a greater sense of well-being, fewer intrusions of unwanted thoughts into your bedroom, less stress, less muscle tension, and sounder sleep

# Daily Stress, Nightmares, and Sleep Quality

- Stressors associated with day-to-day activities is associated with frequency of nightmares.
- Sleep improvement programs using stimulus control and sleep restriction therapies can reduce nightmare frequency and intensity (REST).
- Image rehearsal therapy is a useful tool that can be paired with stimulus control and sleep restriction therapies to reduce nightmares.

Davis & Wright (2005). Case series utilizing exposure, relaxation, and rescripting therapy: impact on nightmares sleep quality, and psychological distress. *Behavioral Sleep Medicine*. 3(3), 151-157.

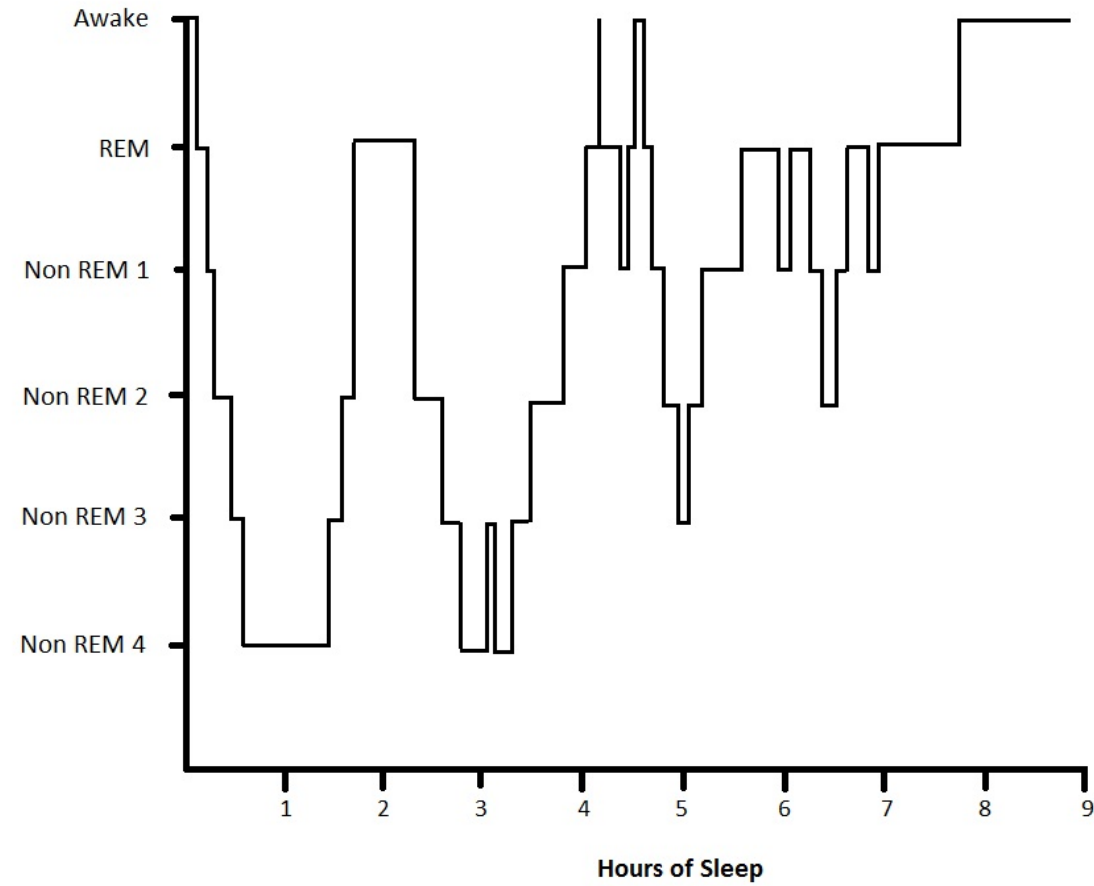
Long et al (2011). Imagery rescripting and exposure group treatment of posttraumatic nightmares in veterans with PTSD. *Journal of Anxiety Disorders*. 25, 531-535.

Nappi et al (2010). Effectiveness of image rehearsal therapy for the treatment of combat-related nightmares in veterans. *Behavior Therapy*, 41, 237-244.

Casement & Swanson (2012). A meta-analysis of imagery rehearsal for post-trauma nightmares: effects on nightmare frequency, sleep quality, and posttraumatic stress. *Clinical Psychology Review*, 32, 566-574.

# HYPNOGRAM

Stage of Sleep



# Image Rehearsal Therapy – When nightmares lead to trouble with sleeping

- Put the story of the nightmare into writing
- Imagine a more positive ending and write it down
  - If there is fear or helplessness – imagine taking control of the situation – write it down to alter the story of your dream
- Rehearse in your imagination the new version of your dream before your bedtime
- Perform a relaxation exercise immediately after the rehearsal

worksheet 9.3: Nightmare Log

Day of the Week: (When you woke from a nightmare)	Example: Monday							
Calendar Date:	3/25/05							
I had ____ total nightmares last night.	4							
Rate the intensity of each nightmare on a 10-point scale, in which 1 = not at all disturbing, 5 = moderately disturbing, and 10 = extremely disturbing.								
Nightmare 1	2							
Nightmare 2	5							
Nightmare 3	1							
Nightmare 4	8							
Nightmare 5								
Nightmare 6								
Sum of Nightmare Ratings:	16							
I was awakened from sleep by nightmares ____ times.	2							
My awakenings due to nightmares lasted ____ minutes (list each awakening)	20 min. 45 min.							

# 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**



Other topics you would like to be addressed next week?

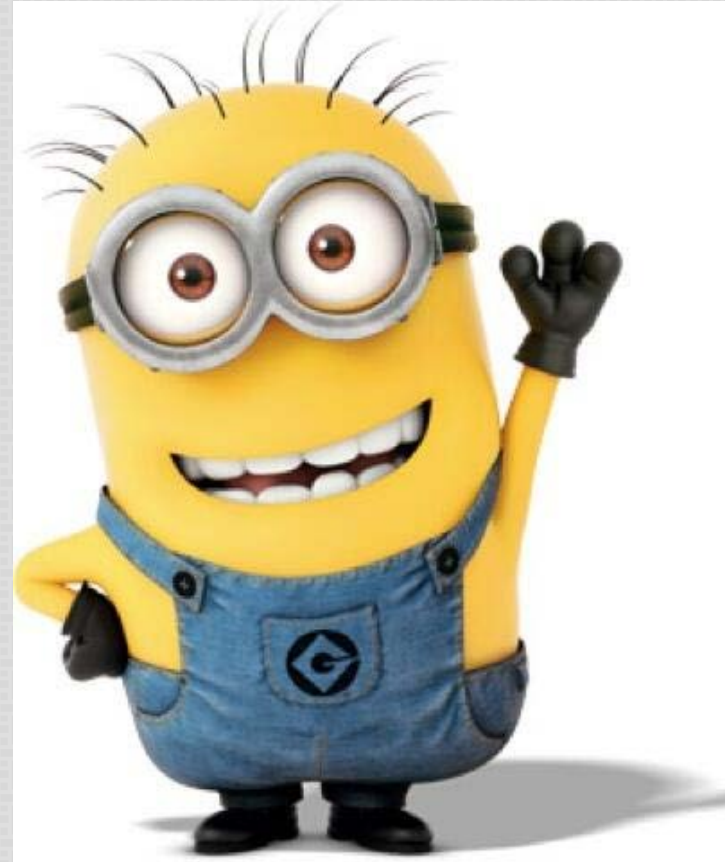


Image from 1234RF (<http://www.123rf.com>)

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, March 1<sup>st</sup> at 12:15 in OT 101**
- Please read **Chapter 8** in *Quiet Your Mind and Get to Sleep*

