

REST: Restoring Effective Sleep Tranquility

Group A Tuesday March 1, 2016 12:15-1:15

Week 6

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 – 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...



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?

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.

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.

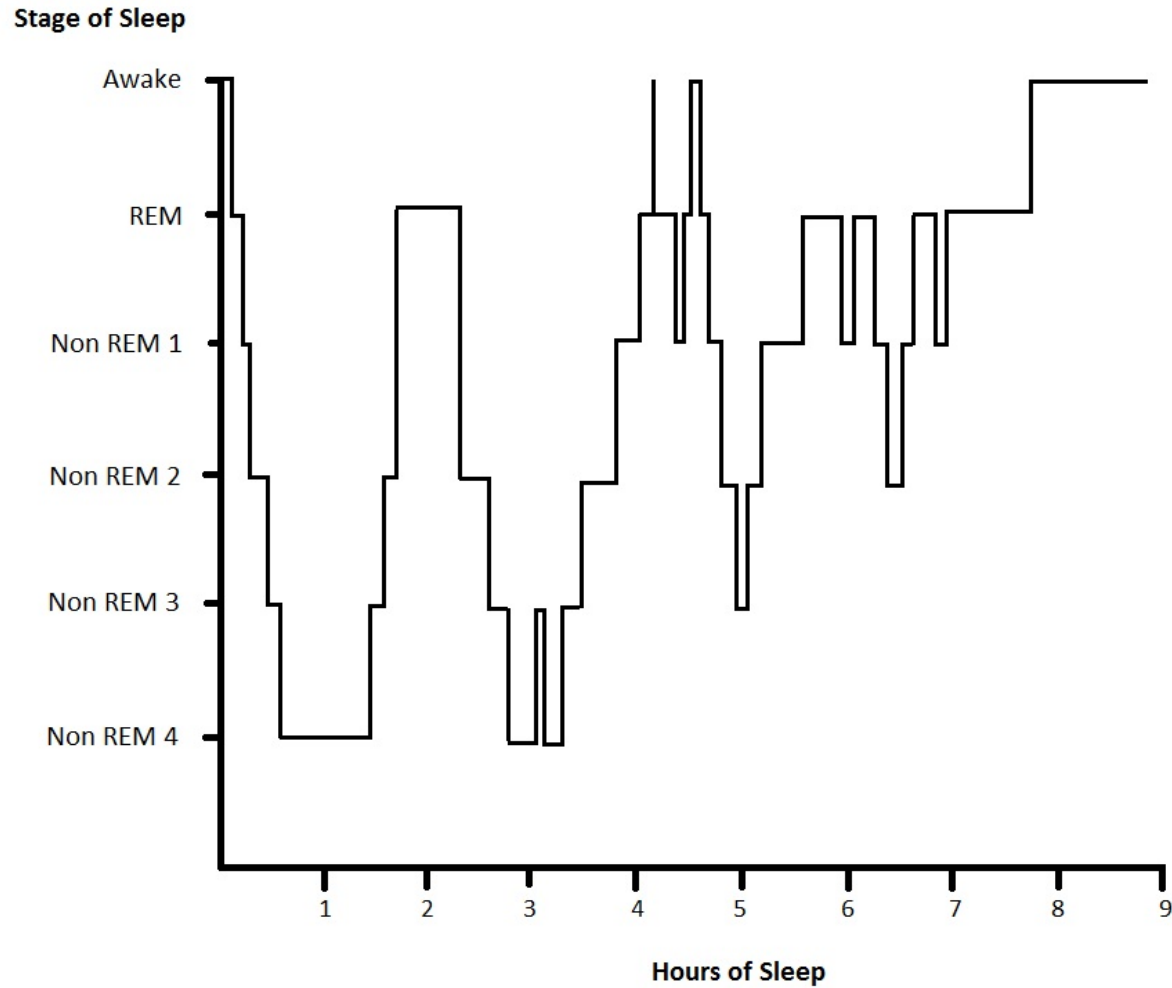
Davis & Wright (2005). Case series utilizing exposure, relaxation, and rescripting therapy: impact on nightmares sleep quality, and psychological distress. *Behavioral Sleep Medicine*. 3(3), 151-157.

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



IMAGERY REHEARSAL THERAPY [IRT] (RECOMMENDED) LEVEL A

Imagery Rehearsal Therapy [IRT] (Recommended) Level A:

is a modified CBT technique that utilizes recalling the nightmare, writing it down, changing the theme, story line, ending or any part of the dream to a more positive one, and rehearsing the rewritten dream scenario so that the patient can displace the unwanted ending when the dream recurs. IRT acts to inhibit the original nightmare, providing a cognitive shift that empirically refutes the original premise of the nightmare. This technique is practiced for 10-20 minutes per day while awake.

Aurora et al. (2010). Best practice for the treatment of nightmare disorder in adults. *Journal of Clinical Sleep Medicine*, 6(4), 389-401.

Image Rehearsal Therapy – When nightmares lead to trouble with sleeping

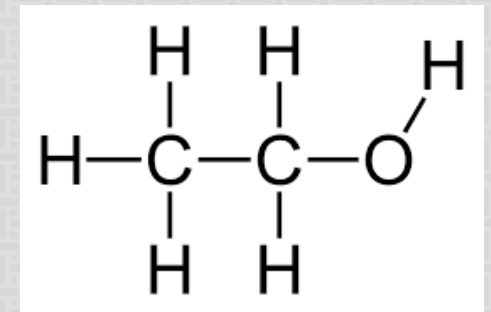
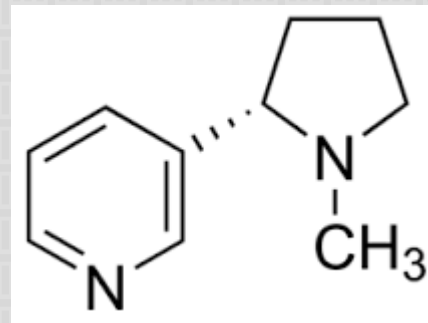
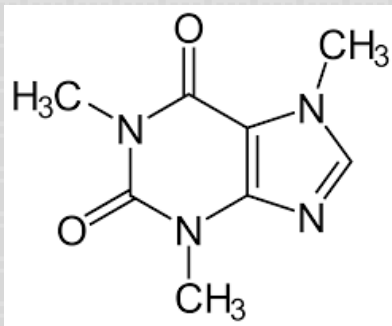
- Put the story of the nightmare into writing
- Imagine a more positive ending and write it down
 - If there is fear or helplessness – imagine taking control of the situation – write it down to alter the story of your dream – focus the new version with rich details – sights, sounds, sensations
- Rehearse in your imagination the new version of your dream before your bedtime – at least 10 minutes per day
- 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.							

Substances and Medications...

- Caffeine – a stimulant with an average half-life of 4 hours
 - Coffee, tea, chocolate, some over-the-counter meds
 - Consider limiting consumption 4-6 hours before bedtime
- Cigarettes/ Chew (Nicotine) – a stimulant with withdrawal symptoms (agitation/ tension)
 - Its use is not compatible with optimal health
 - If you stop – expect some poor night of sleep
- Alcohol – a nervous system depressant with a relaxation effect
 - BUT!...can contribute to shallow sleep, nighttime awakenings, and dependence as an “ineffective” sleep aid
 - REM rebound – suppressing REM sleep early in your sleep phase – may increase REM later in your sleep phase
 - Can worsen sleep apnea



Substances and Medications Cont'd...

- Sleep Medications

- Sleep medications can lose their effectiveness overtime (a tolerance can be built)
- If you want to stop use of a sleep medication – consult your physician and taper off
- Sleep can improve with the REST treatment even if you are on sleep medications/ or tapering off

- Antidepressant Medications

- May vary on their impact upon sleep
- Treating depression does not mean you are treating insomnia
- Medication and sleep therapy treatment is more effective at treating depression than medication alone



Staying engaged with life — Sharing Activities and Interests

- Activities with others
- Personal interests/ hobbies
- Community-based activities
- Physical Activity/ Exercise
- Relaxation/ Mindfulness



Sleep Hygiene — Put the Polish on REST

- Exercise regularly.
- Make sure your bedroom is free from light and noise.
- Make sure that your bedroom is at a comfortable temperature during the night.
- Eat regular meals and do not go to bed hungry.
- Avoid excessive liquids in the evening.
- Limit caffeine, nicotine, and alcohol.
- Don't take your problems to bed.
- Put the clock under your bed out of view.

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



“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 1st at 12:15 in OT 101**
- Please re-read **Chapter 5 *Quiet Your Mind and Get to Sleep***

