

**REST: Restoring Effective Sleep Tranquility**

**Group A Tuesday March 8, 2016 12:15-1:15**

**Week 7**

# Agreements

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

# Time for Relaxation — Mindful Walking



\*Notice your body as walk, becoming aware of your surroundings.

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

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



# Sleep Efficiency (SE) Calculation: You possess all the tools now to do this on your own!!

This is what is in your book...

Use this sheet to help you when calculating your own sleep efficiency. Remember your SE is calculated on weekly averages not nightly.

sleep workbook SE calc sheet.pdf - Adobe Acrobat Pro

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worksheet 5.3: How Much Sleep Is Your Body Currently Producing?

Use your sleep log values over the past week to make the following calculations.

Calculations	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1. Total time in bed (difference between time you got in bed and time you got out of bed) x 60	x 60	x 60	x 60	x 60	x 60	x 60	x 60
Calculate the average amount of time in bed by adding the numbers above and dividing them by the number of nights: _____							
Divide by 60 to convert to hours: _____							
2a. Total time spent awake during the night (time to fall asleep + time awake during the night)	+	+	+	+	+	+	+
2b. Time awake in the morning (difference between time got out of bed and time woke up) x 60	x 60	x 60	x 60	x 60	x 60	x 60	x 60
2c. Total time awake in bed (2a + 2b)	+	+	+	+	+	+	+

3. Total sleep time (total time in bed [1.] - total time awake in bed [2c.])

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	-	-	-	-	-	-	-

4. Total average sleep time (total sleep time for all days ÷ number of days)

Divide by 60 to convert to hours.

i. My body regularly produces about \_\_\_\_\_ hours of sleep.  
ii. I spend around \_\_\_\_\_ hours in bed each night.  
iii. My target should be \_\_\_\_\_ hours in bed each night (take i and add 30 minutes).

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# SLEEP DIARY AND SE CALCULATION

paper sleep diary .pdf - Adobe Acrobat Pro

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Consensus Sleep Diary-Core ID/Name: \_\_\_\_\_

Sample									
Today's date	4/5/11								
1. What time did you get into bed?	10:15 p.m.								
2. What time did you try to go to sleep?	11:30 p.m.								
3. How long did it take you to fall asleep?	55 min.								
4. How many times did you wake up, not counting your final awakening?	3 times								
5. In total, how long did these awakenings last?	1 hour 10 min.								
6. What time was your final awakening?	6:35 a.m.								
7. What time did you get out of bed for the day?	7:20 a.m.								
8. How would you rate the quality of your sleep?	<input type="checkbox"/> Very poor <input checked="" type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	
9. Comments (if applicable)	I have a cold								

Consensus Sleep Diary—Camey et al.

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Figure 1 (continued)—Sleep Diary Instructions: Core  
SLEEP, Vol. 35, No. 2, 2012

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Tools Sign Comment

NAME: \_\_\_\_\_

$$SE = \frac{TST \text{ Average'd over 1 week}}{TIB \text{ Avg'd over 1 week}} \times 100$$

			Fell Asleep						
	In bed	Out of bed	TOTAL TIME IN BED TIB (1,7)	Tried	How long	Time fell asleep add 2+3	Wake up	AWAKENINGS	TOTAL TIME IN BED ASLEEP TST
	#1	#7		#2	#3		#6	#5	
11/									
11/									
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These Numbers correlate to the SE calculation sheet; see example...

# How do I do this?



- TIB = From time got into bed (#1) to time out of bed (#7)
- TST = TIB - SL(#2 & 3) - WASO (#5 and any difference between #6&#7)
- Use minutes for TIB & TST; most understandable & easiest for calculation
- Add up TIB and TST columns separately and get weekly averages for both
- THEN.....  $TST / TIB \times 100 = \% \text{ Sleep Efficiency (SE)}$

**YES, I  
CAN  
DO THAT.**  
I AM AN ARTIST WHO KNOWS MY CRAFT.  
NOW BACK OFF AND LET ME DO WHAT I DO.

# Important Things to Remember:



- $\leq 85\%$  subtract 15 min. from sleep time
- 85%-89% keep sleep window the same
- $\geq 90\%$  add 15 min. to your sleep time
- Keep in mind how you are feeling immediately upon waking & quality of sleep
- These percentages only matter if you have been adhering to your PTTB & PTOB\*
- When you add or subtract 15 min. only do so to your bed time NOT wake time!!!!
- “Nothing is certain in this world but death, taxes, & stimulus control” – quote from Michael L. Perlis – author of Cognitive Behavioral Treatment of Insomnia

\*PTTB = prescribed time to bed & PTOB = prescribed time out of bed

# SLEEP BELIEFS QUESTIONNAIRE

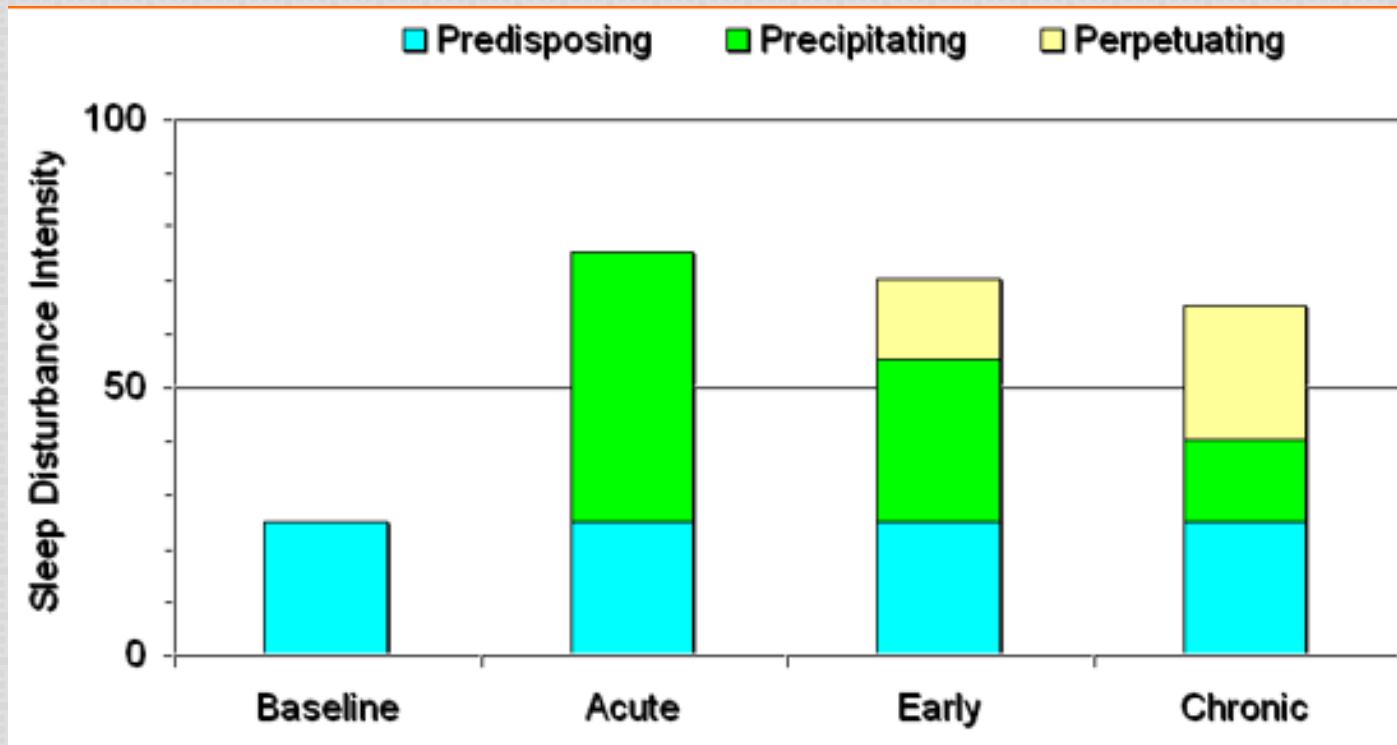
What are your thoughts about sleep?





# 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

# Life Happens – habits that can negatively effect sleep



# 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**



# Staying engaged with life — Sharing Activities and Interests

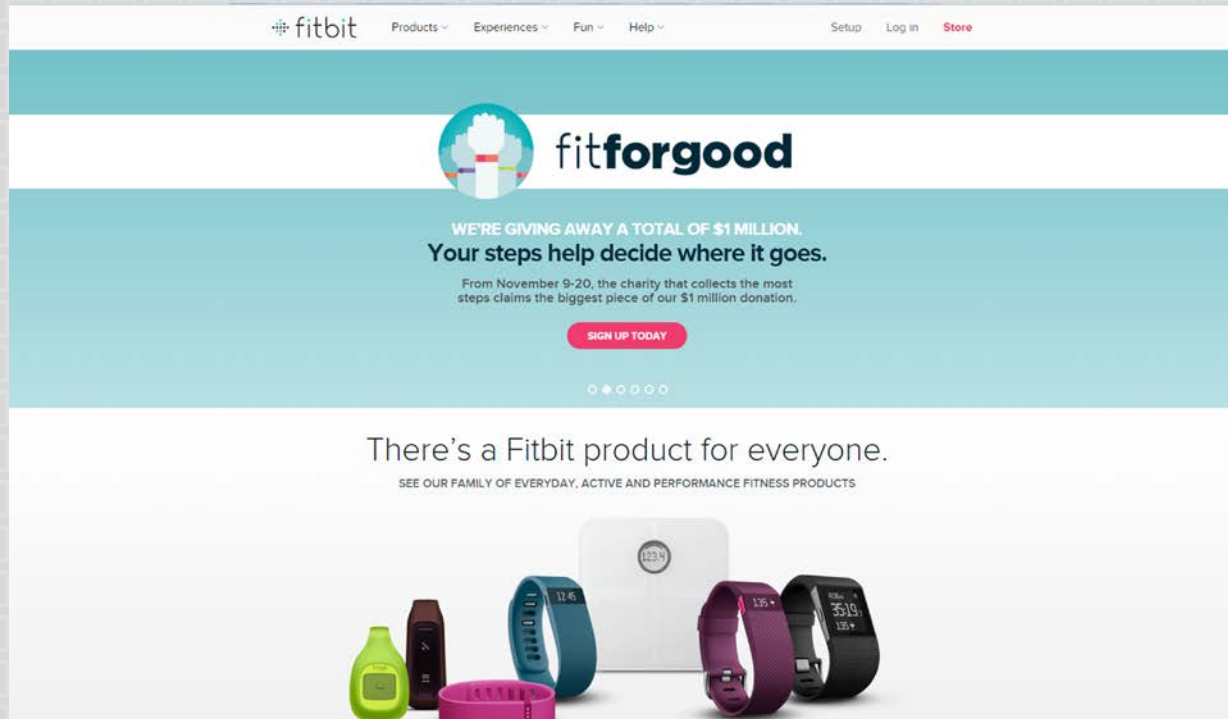
- Activities with others
- Personal interests/ hobbies
- Community-based activities
- Physical Activity/ Exercise
- Relaxation/ Mindfulness



# Sleep Hygiene – 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.

# What is the Fitbit Data We Will Collect?



- Sleep Data: date, minutes asleep, minutes awake, number of awakenings, and time in bed
- Activity Data: date, calories burned, steps, distance, minutes sedentary, light, moderate, or high physical activity
- Thank you – and the Fitbit is yours! – email reminder to change password coming soon.

# Reminder

- Posttest survey coming Wednesday March 9<sup>th</sup> (\$10 gift card)
- Last Sleep diary Friday March 11<sup>th</sup>.
- 3-month follow-up survey coming about June 9<sup>th</sup>. (\$10 gift card)
- Focus Group – Tuesday March 22<sup>nd</sup> – 12:15 - OT Building Room 101



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



Please do a mindfulness practice of your choice

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