



Session 5

Sleep and Lifestyles

Lesson 1: Relaxation at Night and Lifestyle Practices

Relaxation to Aid Sleep

In this session, we're going to cover two sets of techniques – using relaxation techniques in bed, and lifestyle practices that can improve your sleep.

If you practiced your relaxation techniques each day for the past week, you are ready to begin using them to get you to sleep at bedtime or if you wake up during the night and do not quickly fall back to sleep.

At bedtime, or after waking up during the night, use the techniques on a CD or MP3 player in bed. You can also try mentally practicing relaxation in bed without a CD or MP3 player to help you fall asleep.

Be patient. It may take some time for the techniques to get you to sleep. If the guided relaxation does not help you fall asleep or back to sleep within 20 to 30 minutes, get out of bed and do a different relaxing activity until you are drowsy, then return to bed and try the relaxation techniques again. Repeat this until you are asleep.

If, after a few weeks of practice, the relaxation techniques do not help you get to sleep, practice them somewhere besides your bed to avoid linking them with staying awake in bed. Once you are able to use them successfully to relax, try them in bed again OR congratulate yourself on giving it a good try and focus instead on other strategies to help you sleep.

Lifestyle Practices to Improve Sleep

In addition to using relaxation techniques, lifestyle practices can also improve your sleep.

For example,

- Limit drinking alcohol and caffeine
- Increase your exposure to bright light
- Make sure that where you sleep is dark, cool and quiet.
- Exercise in the late afternoon or early evening.

These lifestyle changes can be implemented easily and can improve your sleep, especially if your sleep has not gotten better at this point. Additionally, exercise and exposure to bright light can also improve your mood and health, and are well worth the effort.

Lifestyle Changes

Limit drinking alcohol and caffeine.

Increase your exposure to bright light.

Make sure that where you sleep is dark, cool and quiet.

Exercise in the late afternoon or early evening.

Lesson 2: Caffeine and Alcohol Can Disturb Sleep

Caffeine

Let's begin with caffeine.

If you drink coffee or soda, keep these things in mind:

- Caffeine speeds up brain waves and raises heart rate and blood pressure.
- It makes you more alert and reduces fatigue. This can last for six or more hours, so avoid caffeine after lunchtime.
- In addition to disturbing sleep, caffeine can also lead to headaches, anxiety and irritability.

Alcohol

What about alcohol use? If you drink alcohol, keep these things in mind:

- It makes sleep lighter so you wake up easier and more often, especially in the early morning.
- Alcohol with sleeping pills is dangerous and potentially fatal.
- Limit alcohol to one drink at least two hours before bedtime.



Lesson 3: Sunlight and Sleep

The Sunlight-Sleep Connection

Now let's explore the connection between sunlight and sleep.

Sleep and body temperature are affected by light and darkness through hormones found in the brain:

- Darkness causes melatonin levels to rise and body temperature to fall, which promotes sleep.
- People who have a hard time going to sleep often have a body temperature rhythm that falls too late at night.
- Being exposed to early morning bright light can make it easier to fall asleep by causing body temperature to rise earlier and fall earlier.

Getting more Sunlight

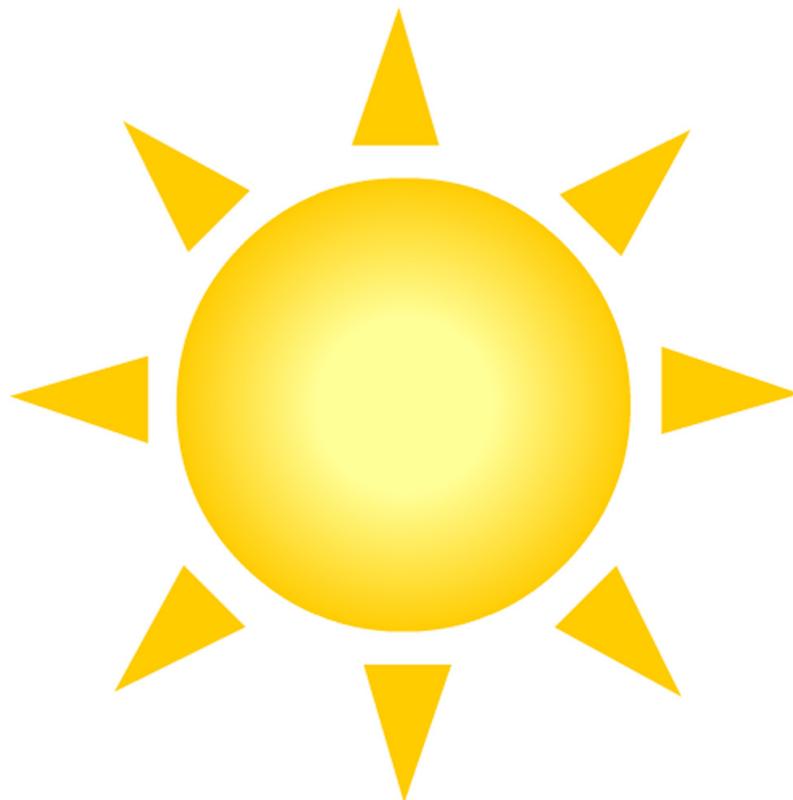
Here are a few ways to increase your exposure to sunlight in the morning:

- Open the drapes when you wake up
- Eat breakfast or read the newspaper near a window
- Take an early morning walk

People who wake up too early often have a body temperature rhythm that rises too early in the morning. Increased exposure to evening bright light can reduce early morning waking by delaying the morning rise in body temperature.

To increase your exposure to late day sunlight:

- Take a late day walk
- Sit near a sun-exposed window the hour before sunset



Lesson 4: Creating an Optimal Sleep Environment

Cool Bedroom helps you Sleep

You can also improve your sleep by creating an optimal sleep environment.

For example, sleeping in a warm room makes it harder for your body temperature to fall. This makes it more difficult to fall asleep and makes it more likely that you'll wake up at night. To keep the bedroom cool:

- Turn the heat down
- Leave a window open
- Use a fan or air conditioner



Quiet Bedroom

You should also make sure that your room is quiet.

Reduce bedroom noise by:

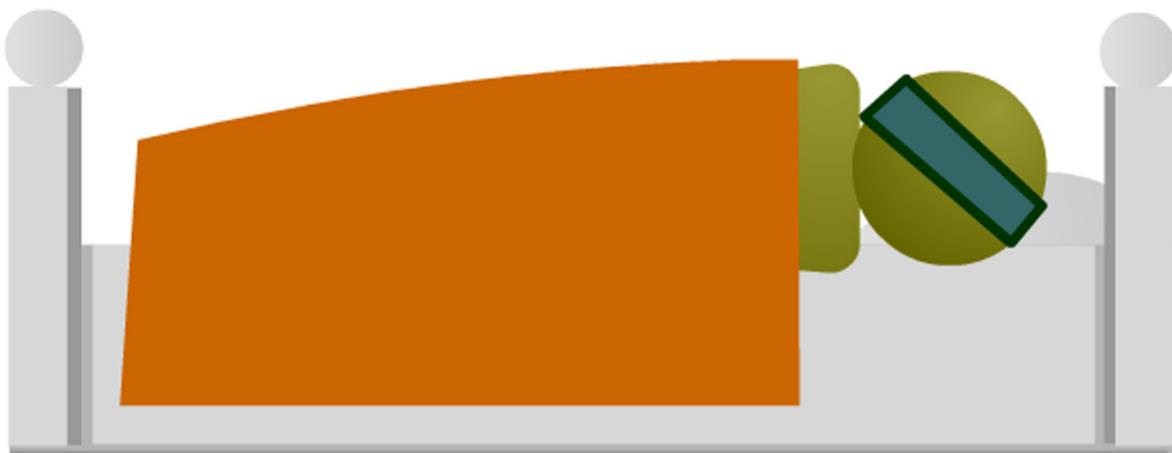
- Using earplugs
- Closing the window if there is noise outside
- Using a fan, air conditioner, or a commercially available sound conditioner

Listening to music or the television at bedtime helps some people fall asleep. However, a timer should be used so that the music or television turns off after about 30 minutes. If not you may wake up during the night because sound stops us from getting deep sleep.

A Dark Bedroom Aids Sleep

The bedroom should be kept dark by using:

- Drapes
- Heavy shades
- An eyeshade

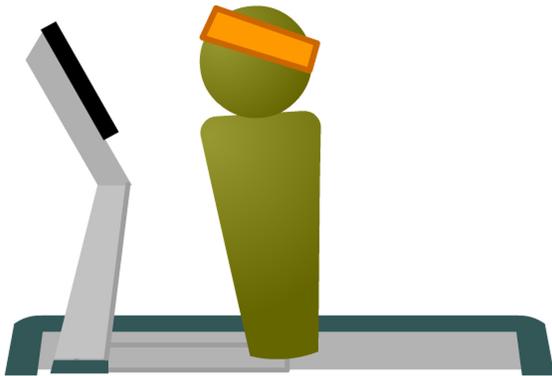


Lesson 5: Exercise

Exercise as a Sleep Aid

Finally, exercise is another lifestyle practice that can improve your sleep.

Exercise can help you sleep by causing your body temperature to rise, then drop a few hours later. This drop in body temperature makes it easier to fall asleep and stay asleep. The benefits of exercise on sleep are greatest when exercise happens within three to six hours of bedtime. Exercising less than three hours before bedtime, however, can make it harder to fall asleep because body temperature may then be too high near bedtime.



Exercise Later in the Day

If you already exercise, try exercising in the afternoon and see if this helps you sleep.

If you are not exercising, try taking a brisk walk in the late afternoon or early evening (but not within 3 hours of bedtime) three or more days this week. See if you sleep better on these days. If you do, make exercise a regular part of your life to help you sleep better.

Other suggestions for exercise include:

- Gardening or mowing the lawn
- Pushing a stroller
- Mall walking
- Bicycling
- Golf or tennis
- Hiking or dancing
- Running outside or on a treadmill, etc.
- Sexual activity



Lesson 6: Goals for Week 5

Practice, Practice, Practice

Now that you've completed Session 5, let's review your goals. In addition to your goals from the prior week, your goals this week are to:

- Practice the relaxation techniques at bedtime or during the night.
- Practice the lifestyle goals that we just reviewed if you are not already doing them regularly.

As always, do the following this week:

- Complete your sleep diary.



Goals: Week 5

Goals

Complete the Sleep Diary each morning

Use the bedroom primarily for sleep

Limit time in bed before lights out and after waking up to 30 minutes

Follow the “½ hour-½ hour” rule

Get out of bed within 30 minutes of your arising time goal

Arising time goal: _____

Limit the time you allow for sleep (lights out to out of bed) to one hour more than your average sleep duration

_____ + 1 hour = _____

Avg Sleep Duration

Time Allowed for Sleep

Do not go to bed before your earliest allowable bedtime goal

_____ - _____ = _____

Arising Time Goal Time Allowed for Sleep Earliest Bedtime

Work on medication reduction goal

Use positive sleep thoughts to replace negative sleep thoughts

Practice bedtime relaxation

Minimize alcohol and caffeine

Increase exposure to bright light

Keep the bedroom cool, dark, and quiet

Exercise in the late day or early evening



Post-program

Conclusion

Conclusion: Congratulations

Congratulations

Congratulations — you've completed this session and the five-week program. By now, you should be sleeping better. As you use all of the techniques you learned in this program, keep the following final tips in mind:

Your sleep will likely keep getting better as you use these techniques. Because insomnia has been a long-term problem for many people, it may take longer than 5 weeks to get better.

Research shows that improvement following CBT techniques for insomnia is well-maintained in the majority of people long-term (several years).

You can return to this program any time to refresh yourself on any or all of the techniques in this program.

If Your Sleep Has Not Improved

If you are still having trouble sleeping even though you have used the techniques in this program, talk to your doctor to rule out sleep apnea or other sleep disorders. You may also wish to consider an evaluation for depression, anxiety, or other mental health conditions by a mental health professional.

