

iapt
Improving Access to Psychological Therapies

Central and North West London NHS Foundation Trust



Improve Your Sleep

NHS
Westminster

Aims Of Workshop

- To provide information on sleep and how it varies between individuals.
- To introduce the concept of sleep problems and some of the key factors that cause and maintain the problem.
- To discuss some of the techniques used to help manage sleep problems more effectively.

What is CBT ?

Cognitive

- Your thoughts

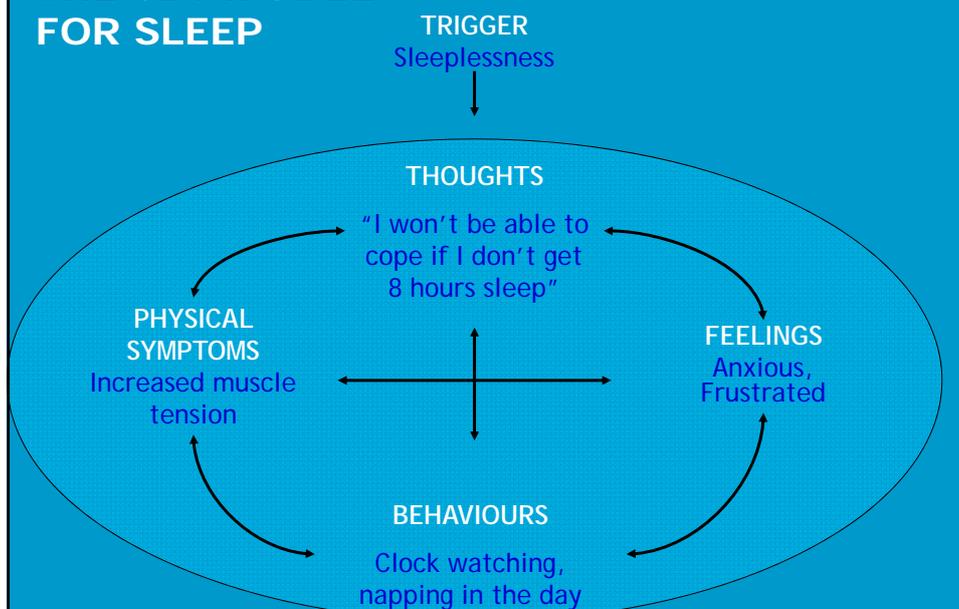
Behavioural

- What you do or have stopped doing

Therapy

- Changing the way you feel by changing the way you think and behave

THE CBT MODEL FOR SLEEP



What Do You Already Know About Sleep?



In order to help answer this question, it may help to think of the following...

- How much sleep do we need?
- What is the function of sleep?
- What makes sleep better?
- What is unhelpful?
- Stages of sleep?

True Or False?



- Everybody needs at least 8 hours sleep per night.

FALSE



- Alcohol helps you sleep.

FALSE



- You are supposed to feel refreshed after waking up.

FALSE

True Or False?



- Naps are good for you.

TRUE and FALSE



- Exercise is good for sleep.

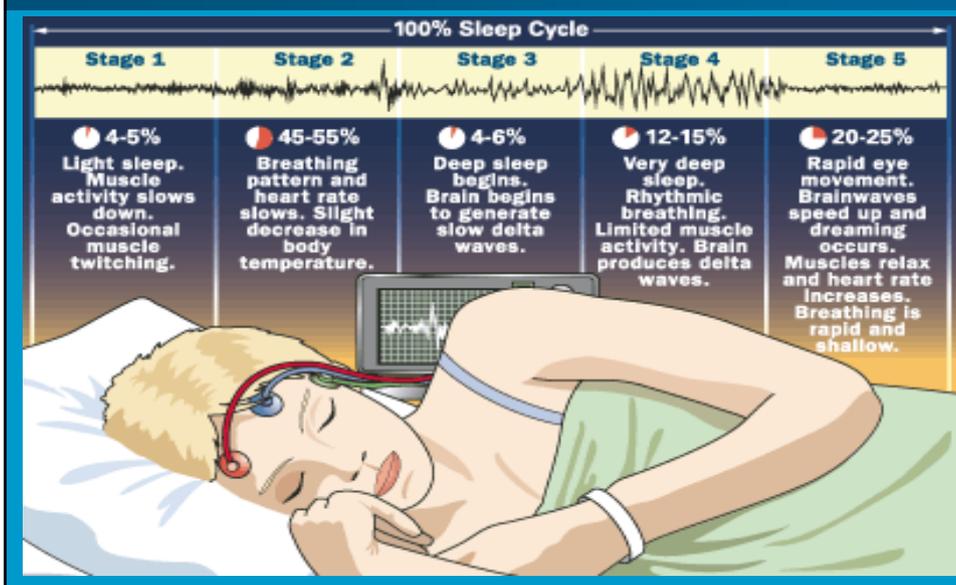
TRUE AND FALSE



- It's good to relax in your bedroom at night, before you go to sleep, because it will get you "ready" to fall asleep.

FALSE

Stages Of Sleep



Facts About Sleep

- 30% of adults have had problems with sleeping.
- It's characterised by both lack of sleep and worry about lack of sleep.
- It can be a symptom of other problems (e.g. depression, stress, anxiety, pain).
- It can be extremely distressing for the person.
- 20% of the adult population will experience some degree of lasting sleep problems at some time in their lives.

Five Key Areas That Affect Sleep

Emotional
Factors

Physical
Factors

Lifestyle and
Behaviours

Environment
and Triggers

The Aging
Process

Emotional Factors

- Depression
- Anxiety
- Stress and Worry

Physical Factors

- Pain
- Medication- some can have a negative impact on sleep
- Being less mobile/ using less energy
- Feeling tense when going to bed

Lifestyle And Behaviours



- Caffeine- this is a stimulant that can stay in your system for a number of hours.



- Alcohol consumption.



- Smoking excessively.

Lifestyle And Behaviours



- Strenuous exercise just prior to sleep or limited exercise during the day.



- Eating late at night.



- Intense intellectual activity just prior to sleep.

Other Lifestyles And Behaviours

- Working shifts
- Sleeping during the day
- No pleasurable activities during the day
- Irregular sleep/wake times

Environmental Factors

- A noisy sleeping environment
- Temperature
- Too much light
- Sleeping in unfamiliar surroundings
- Uncomfortable mattress
- Snoring partner

The Aging Process



- As we get older we tend to:
 - Need less sleep.
 - Sleep less deeply.
 - 'Catnap' during the day.
 - Have an increasing need to go to the toilet at night.

1. Make Changes To Your Environment

- Make sure your bedroom is at the right temperature.
- Ensure that your mattress is comfortable.
- Move any clocks so that they cannot be seen whilst in bed.
- Can any changes be made if your bedroom is too light or noisy?
- Don't use your bed for anything else except sleep and sex!

2. Make Changes To Your Routine

The Top 3 Tips:

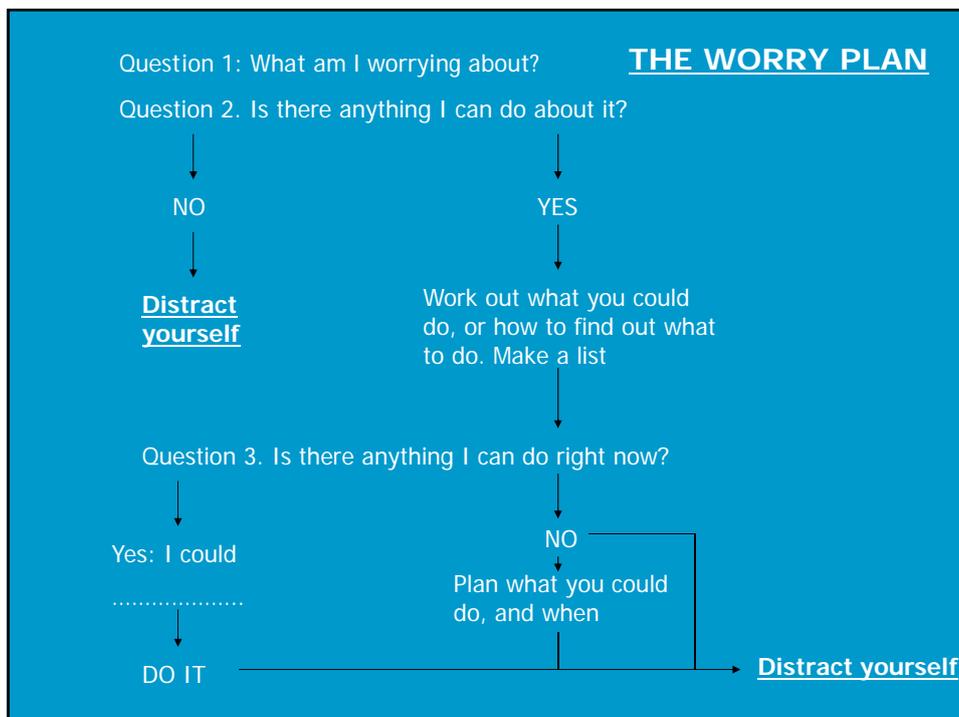
- Establish a regular wake up time.
- Avoid napping during the day.
- Go to bed only when sleepy.

Make Changes To Your Routine Contd.

- Gradually increase exercise
- Eat healthily and reduce caffeine, alcohol, smoking and seek advice about drug use.
- Eat regular meals and do not go to bed hungry.
- Give body clues for sleep (e.g. establish a bedtime routine such as a warm bath, herbal tea, reading or watching TV, brushing your teeth).
- If you can't sleep within 15 minutes of going to bed, go to another room and engage in a quiet activity (e.g. reading, music).

3. Control Worry

- This can be general worry AND/OR specific worry about lack of sleep.
- Worry does not help to solve our problems, it only makes us feel more anxious.
- Learning to manage our worry more effectively can help us to feel calmer/ more in control which will help to stop excessive worry.
- It can also help to shift the focus of attention to something more productive such as relaxation.



4. Relaxation



- Giving your body some time to relax can help to improve your sleep.
- Relaxation helps you to set aside some time to look after yourself.
- We will focus on two relaxation techniques (Controlled Breathing and Deep Muscle Relaxation-DMR).

Controlled Breathing

- Slowing our breathing can reduce some of the physical symptoms of stress, shift attention away from worry to concentrate on the breath and help us feel more calm.
- When we feel more stressed, anxious or worried it is very common for changes in breathing to occur.
- We often 'over-breathe' which can actually makes us more physically tense and create further emotional anxiety.

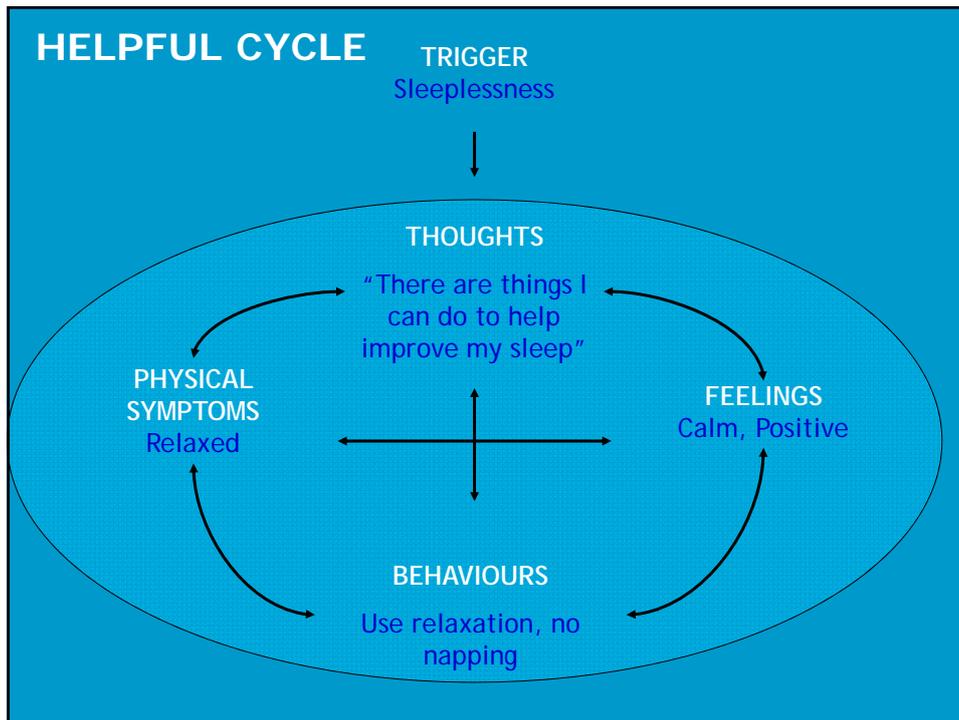
Deep Muscle Relaxation (DMR)

- Many people find DMR a useful technique in reducing overall levels of tension.
- It allows us to go through each of the main muscle groups in turn and learn what it feels like for them to be tense and then relaxed.
- Hopefully we can then learn to recognise when we are becoming tense in everyday situations and use the DMR techniques to prevent us from becoming too tense and stressed.

Sleep Diary



- There may be a pattern to your disturbed sleep and understanding this can help with treatment and/or lifestyle changes.



Summary

This workshop aimed to:

- provide information on sleep and how it varies between individuals.
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- We offer Cognitive-Behavioural treatment options for people suffering with depression and/or anxiety.
- Please see us after if you would like more information.

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**Goodbye and
Good Luck!**

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