

Sleep and insomnia



Educational material for patients

Brief Behavioral Treatment of Insomnia In Primary Care

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I. Overview

- How does sleep help us?
- How does sleep change with age?
- What controls sleep?
- What is insomnia?
- What maintains insomnia?
- What are the treatments for insomnia?



How does sleep help us?

- Sleep helps brain functions
 - Mood
 - Thinking ability
 - Attention and concentration
- Sleep helps body functions
 - Immune system
 - Hormone system (example: blood glucose)



How does sleep change with age?

- With age, most people say their sleep tends to get...
 - shorter
 - lighter
 - earlier
 - more restless
 - more and longer awakenings
 - worse overall sleep quality
 - daytime sleepiness

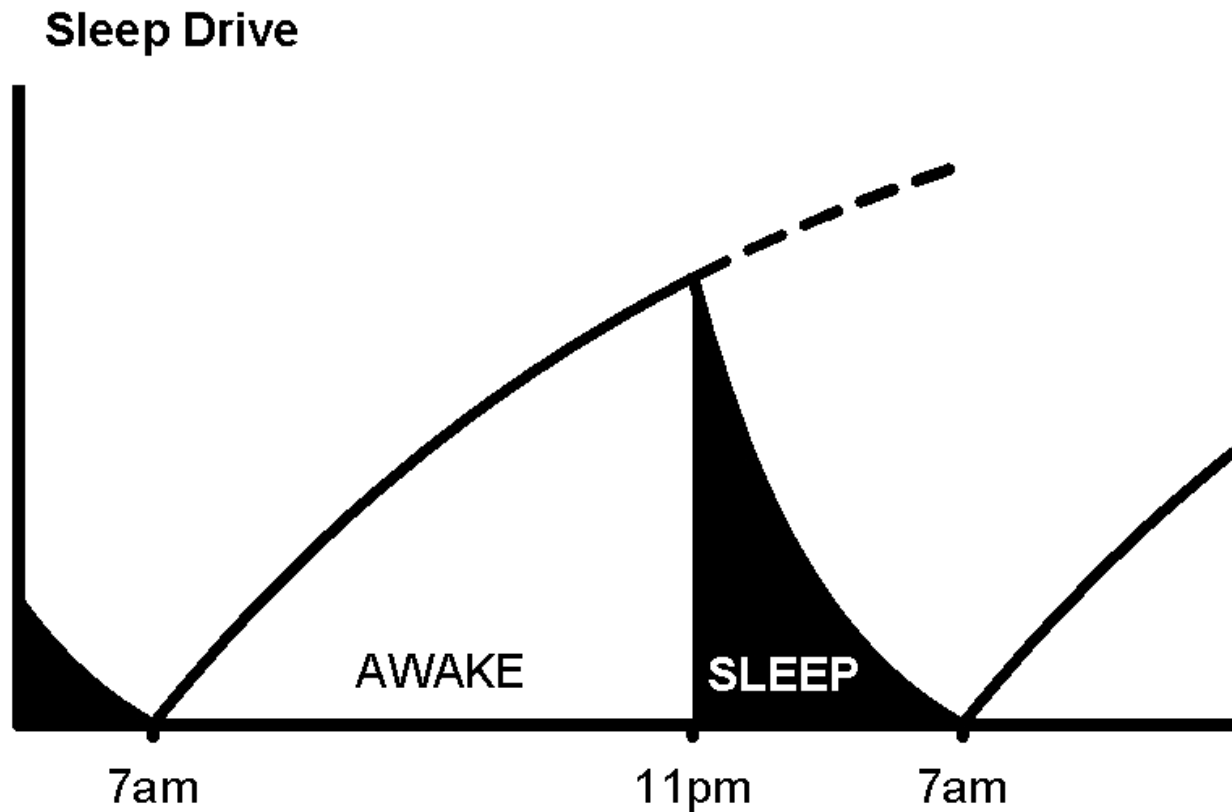


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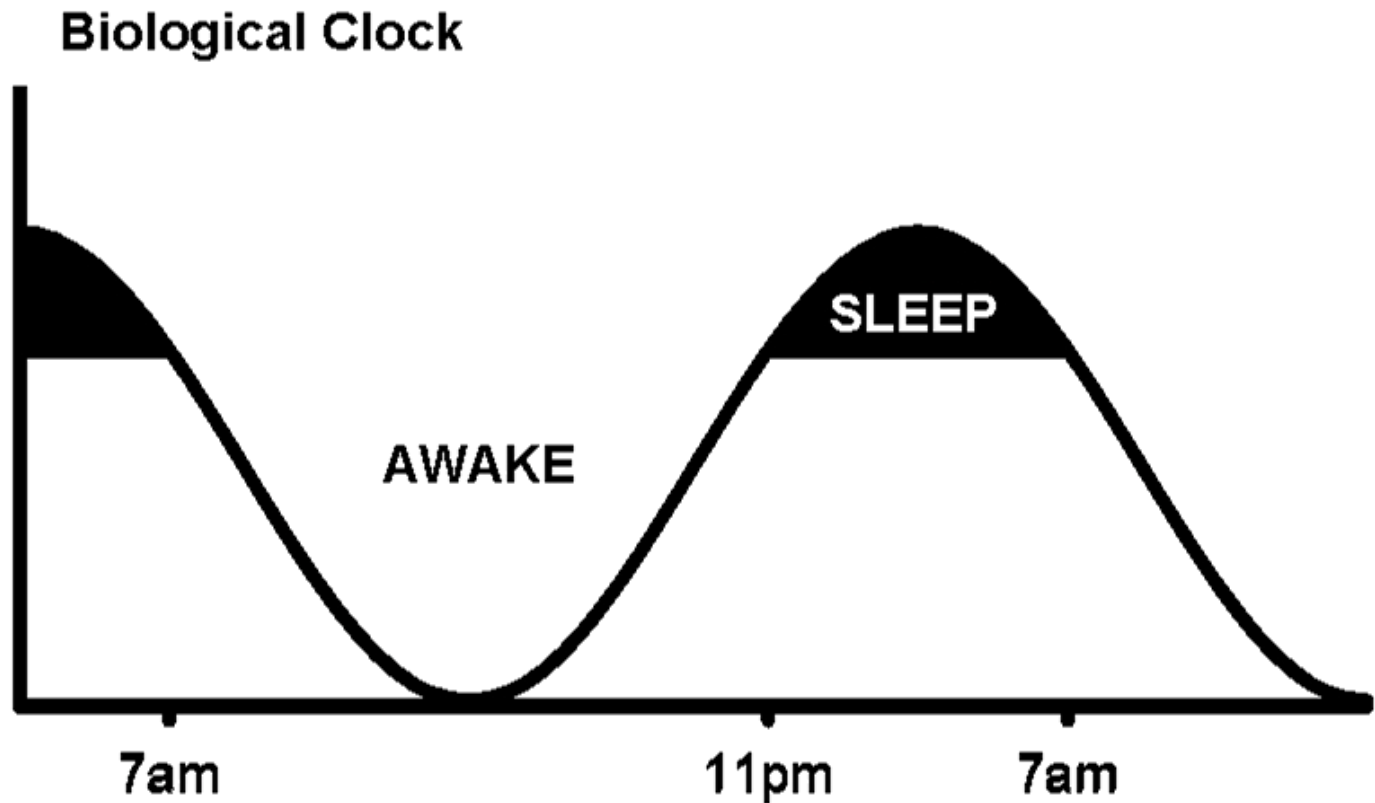
What controls sleep?

1. How long you've been awake



What controls sleep?

2. The biological clock



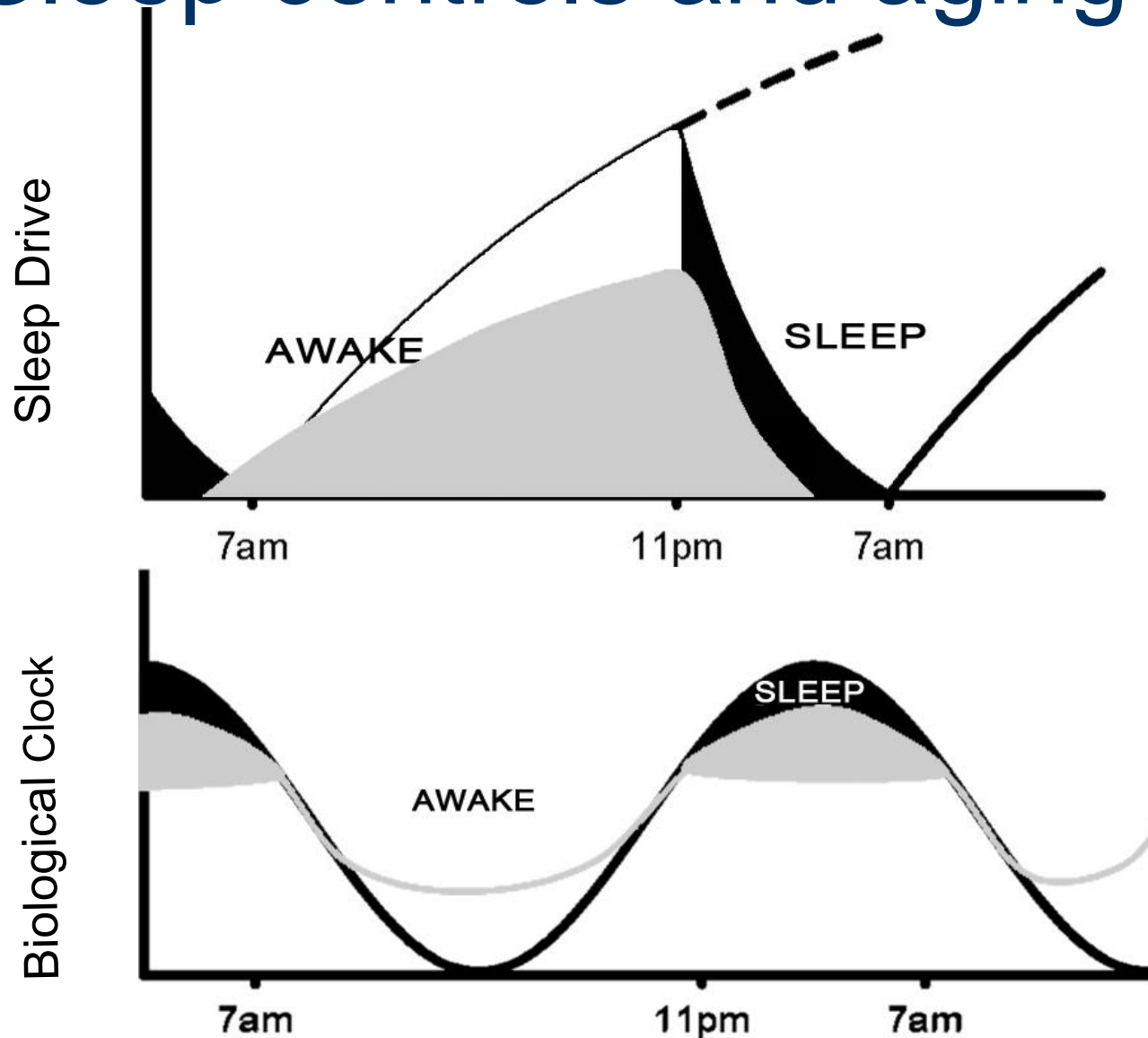


What controls sleep?

3. Emotional and Physical States

- Mental activity, emotions, and physical symptoms can make your brain too active to sleep
 - Worrying in bed
 - Thinking
 - Stress
 - Anxiety
 - Depression
 - Pain

Sleep controls and aging





What is insomnia?

- Difficulty with...
 - Falling asleep
 - Staying asleep
 - Non-restful sleep
 - Short overall sleep
- Adequate time in bed
- Daytime problems as a result of sleep problems



What maintains insomnia?

- Sleep habits
- Stress, worries, depression
- Medical problems and pain
- Some medications
- Untreated sleep disorders



Common insomnia treatments

- Behavioral treatments: Changing your behavior to change your sleep
- Medications
 - Sleeping pills
 - Antidepressants
 - “Natural” remedies (melatonin, valerian, kava kava)

II. Healthy Sleep Habits

- Promoting habits that help sleep
- Limiting habits that hurt sleep



Habits that help sleep

- Keeping your bed for sleep (and sex)
- A comfortable sleep environment
- Daily routines
- Exercise
- Treating medical problems



Habits that hurt sleep

- Using your bed for things other than sleep (and sex)
- Worries
- A poor sleep environment
- Alcohol
- Caffeine



Habits that help/hurt your sleep:

HELP:

- Exercise
- Daily routines
- Treating medical problems
- A comfortable sleep environment
- Keeping your bed for sleep (and sex)
- _____
- _____

HURT:

- Alcohol
- Caffeine
- Worries
- A poor sleep environment
- Using your bed for things other than sleep (and sex)
- _____
- _____

III. Brief Behavioral Treatment of Insomnia

- Why do it ?
- How to do it?
- How long before I notice improvements?
- What is your level of confidence?



Brief behavioral treatment of insomnia: Why do it?

- Changing sleep habits (behaviors) can change sleep
- Studies show that it works
- Fewer possible side effects than medications



Brief behavioral treatment of insomnia: How to do it?

Four steps

1. Reduce your time in bed
2. Don't go to bed unless you are sleepy
3. Don't stay in bed unless you are asleep
4. Get up at the same time every day of the week, no matter how much you slept the night before



Brief behavioral treatment of insomnia: Getting started

- Average bed time: _____
- Average rise time: _____
- Time to fall asleep: _____
- Wakefulness during the night: _____

- Average TOTAL sleep amount = _____
(Time in bed – awake time)



1. Reduce your time in bed

- Cutting down your time in bed = increasing how long you've been awake out of bed.
- Being awake longer leads to quicker, deeper, more solid sleep
- Not decreasing the amount of SLEEP you get, just the amount of AWAKE time in bed
- How long in bed? Sleep time + 30 minutes



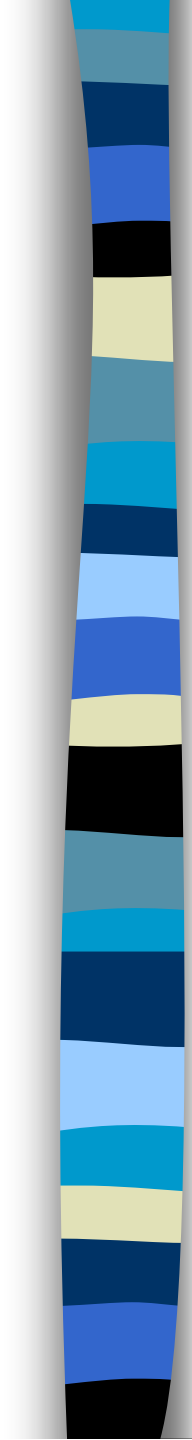
2. Don't go to bed unless you're sleepy

- This also helps to increase sleep drive by keeping you awake longer
- Going to bed when you're not sleepy can lead to frustration
- Going to bed when you're not sleepy gives your brain the wrong message



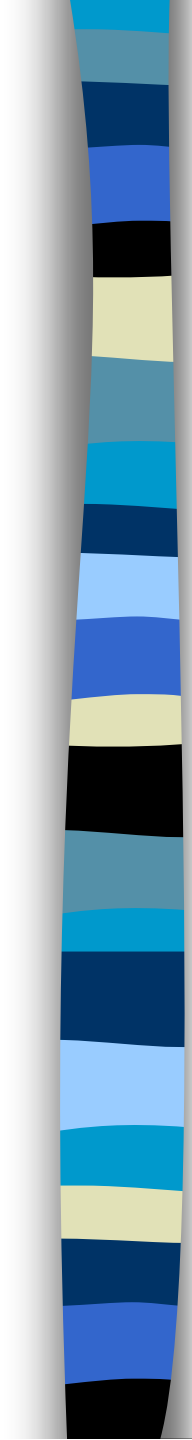
3. Don't stay in bed unless you're asleep

- If you're awake for a long time (a half hour or more), get out of bed
- Helps to train your brain: Bed = Sleep
- Reduces frustration
- Plan in advance activities that you can do when you get out of bed
- Don't worry or think in bed
 - Worrying in bed gives your brain the wrong message: Bed = Worry
 - Your brain is more effective at solving problems in the morning and daytime
 - Allow yourself time during the day to worry



4. Get up at the same time every day of the week

- Getting up at the same time helps to set the biological clock
- Wake-up time is the most important cue for the biological clock
- Getting up at the same time helps you get morning light, which also sets the biological clock
- If you've slept poorly, getting up at the same time helps you to sleep better the next night



Activities that you can do when you get out of bed

■ In the evening: _____

■ In the middle of the night: _____

■ In the morning: _____

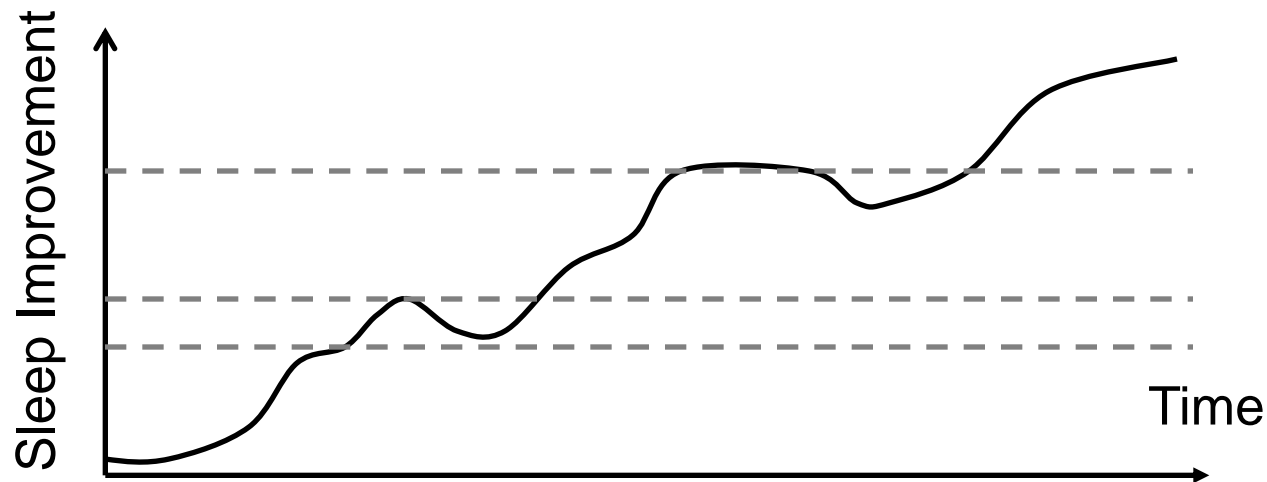


Questions and problems

- How soon will it work?
 - How soon do you expect it to work? _____
- Are there side effects?
- What about naps?
- What if it doesn't work?
- Other questions you may have.

What can I expect?

- “Practice makes perfect”
- Changes in sleep are gradual, and not necessarily steady





Review and action plan

- Rules for better sleep
- Total time in bed at night: _____
- Wake-up time every day: _____
- Bed time at night: No earlier than

- Sleep diary
- Return visit in 2 weeks
- Problems? Call _____



Increasing your sleep time: Part 1

- IF, during the previous week, you are...
 - Falling asleep in less than 30 minutes AND
 - Spending less than 30 minutes awake during the middle of the night...
- THEN...
 - You can increase your time in bed by 15 MINUTES during the next week



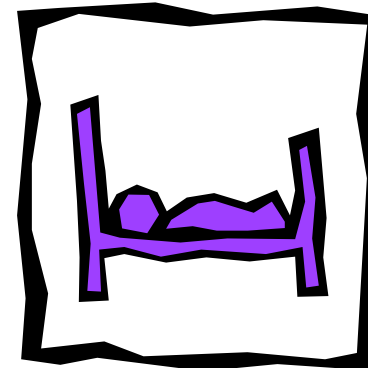
Increasing your sleep time: Part 2

- IF you continue to sleep well for another week (falling asleep in less than 30 minutes and spending less than 30 minutes awake during the middle of the night)...
 - Then INCREASE your time in by by another 15 minutes for the next week
- IF you notice more trouble with sleep (taking longer than 30 minutes to fall asleep OR spending more than 30 minutes awake during the middle of the night)...
 - Then REDUCE your time in bed by 15 minutes during the next week

Increasing your sleep time: Part 3

If you ARE sleeping soundly...

...INCREASE your time in bed



If you are NOT sleeping well...

...DECREASE your time in bed

