

Features of Insomnia

- Difficulty getting to sleep.
- Difficulty maintaining sleep – frequent awakenings / early morning awakenings with inability to return to sleep.
- Sleep that is not refreshing.
- Sleep onset is more than 30 minutes after retiring to bed.
- Duration is for longer than 1 month (usually longer).
- Early Experience of significant distress or impairment in occupational, educational, academic, behavioural, or other important area of functioning.
- The sleep difficulty occurs at least 3 nights a week.

Consequences of Insomnia



What are the
consequences
for you?

Evaluating Thoughts About Sleep

A lot of worries about sleeplessness are based on information and beliefs that are not accurate. Beliefs aren't facts. Negative thoughts increase arousal and will contribute to your insomnia. Use thought records to evaluate and change inaccurate and negative sleep-related thoughts.

Step 1	Record the thought as carefully as you can
Step 2	Consider how this thought makes you feel and write it down
Step 3	Evaluate it and write down a more helpful, accurate thought
Step 4	Consider how thinking this new way makes you feel

Stages of Sleep

Stage	Details
Stage W - Wakefulness	Periods of being awake
REM sleep (light sleep)	Characteristic eye movements; where we do most of our dreaming, occurs after each stage and more frequent towards morning
Stage 1 (light sleep)	Relaxed muscles and slow eye movements, lasts a couple of minutes before moving onto Stage 2
Stage 2 (light sleep)	Occupies the largest proportion of time (50-60%) though the first phase is usually short
Stage 3 and 4 (Deep Sleep)	Deepest part of our sleep, occurring during the first third of the night

How Much Sleep Is Needed?

Age Range	Average Amount of Sleep Required
Newborn	Up to 18 hours across 24 hour period
Young Child	12 hours at night + up to 2 hours during daytime naps
Child	10-12 hours at night
Teenager	9 hours with variation of when sleep is taken (go to bed late, rise later)
Young Adult	7.5 – 8.5 hours sleep
Adult	7-8 hours
Older Adult	6-6.5 hours with a tendency for daytime naps

Setting Sleep Goals

Your success in overcoming your problems will be partly determined by your goals. Is my sleep goal achievable? Is my sleep goal measurable?

Possible Goals:

- More Sleep
- A More Satisfying Sleep
- A More Restorative Sleep
- A More Reliable Sleep
- A More Normal Sleep



Write down your personal sleep goals.

Scheduling a New Sleep Pattern

- 1) Stay up until threshold time
- 2) Lie down in bed only when you feel sleepy tired
- 3) Do not use your bed for anything except sleep
- 4) If you don't sleep within 15 minutes, get up and go to another room and wait until you feel sleepy tired before returning to bed
- 5) If you still can't fall asleep or if you wake up, repeat number 4
- 6) Get up in the morning at your rising time
- 7) Do not nap at any time before your threshold time
- 8) Follow this rigidly 7 days / nights a week

Do:

- ✓ Go to bed at the **same time** each day
- ✓ Get up from bed at the **same time** each day
- ✓ Get **regular exercise** each day, preferably in the morning
(There is good evidence regular exercise improves restful sleep)
- ✓ Get regular **exposure to outdoor or bright lights**, especially in the late afternoon
- ✓ Keep the **temperature** in your bedroom comfortable
- ✓ Keep the bedroom **dark** enough to facilitate sleep
- ✓ Keep the bedroom **quiet** – try thicker curtains, sleeping at the back of your house or even ear plugs to avoid being woken by noise
- ✓ Use your bed only for **sleep and sex**
- ✓ Use a **relaxation** exercise just before going to sleep or a relaxation tape
- ✓ Try muscle relaxation to help distress and unwind, e.g. a **warm bath** or a massage
- ✓ Keep your feet and hands **warm**. Wear warm socks and/or mittens or gloves to bed

Don't:

- × Exercise just **before going to bed**
- × Engage in stimulating activity just before bed, such as **playing computer games**, watching an exciting program on television or movie, or having an **important discussion** with a loved one
- × Have **caffeine** in the evening (coffee, teas, chocolate, etc.)
- × Have **alcohol** in the evening or use alcohol to sleep
(it may make you drowsy but it doesn't improve sleep and you will wake to go to the toilet)
- × **Smoke** before going to bed – nicotine is a stimulant and will keep you awake
- × Read or watch **television** in bed
- × Go to bed **too hungry** or **too full**
- × Take another person's sleeping pills
- × Never take **daytime naps** or **doze off** in front of the TV in the evening – keep yourself awake with something stimulating or your risk resetting your body clock
- × **Command** yourself to go to sleep. This only makes your mind and body more alert
- × If you lie in bed awake for more than 20-30 minutes, **get up**, go to a different room (or different part of the bedroom), participate in a quiet activity (e.g. non-excitable reading or television), then return to bed when you feel sleepy. Do this as many times during the night as needed