

Wellness Class Resources: Improve Sleep, Improve Function 2024



Living with pain can affect all areas of your life. No one can do it alone.

Audios/Videos Played in Class:

- Body Care to Improve Sleep: https://youtu.be/Mo2UOb_zWrl
- Relaxing Wind Down Body Scan by Headspace: <https://www.youtube.com/watch?v=3o9etQktCpl>

Recommended Reading:

- This is why you dream by Rahul Jandial, MD, PhD
- Why we sleep by Matthew Walker

Referenced In Class:

- <https://www.sleepfoundation.org/>
- [SF-23-127 Sleep Diary Interactive 03-2024.pdf](#)

You Might Also Like:

- Video: Are You Getting Good Sleep? Learn From a Sleep Doctor https://www.youtube.com/watch?v=-HnRNuHdVho&ab_channel=Headspace
- Apps:
 - Sleepbot by docbotic <https://sleep.docbotic.care/>
 - Calm: <https://www.calm.com/app/sleep>
 - Headspace: <https://www.headspace.com/sleep>
- Podcast: The Matt Walker Sleep Podcast (available on [Apple](#), [Spotify](#), [Amazon](#))
- Articles:
 - Sleep cycle stages: <https://www.medicalnewstoday.com/articles/sleep-cycle-stages>
 - What Is Circadian Rhythm?: <https://www.sleepfoundation.org/circadian-rhythm>

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- 13 Effects of Sleep Deprivation: <https://health.clevelandclinic.org/happens-body-dont-get-enough-sleep>
- Melatonin Dosage: How Much Melatonin Should You Take: <https://www.sleepfoundation.org/melatonin/melatonin-dosage-how-much-should-you-take>

Mental Health Resources:

- Find a therapist: <https://www.psychologytoday.com/us/therapists>

If you are experiencing a suicidal crisis or mental health-related distress, please contact 988 via phone or text. This is free, confidential, and available 24 hours a day. You may also find information on their website www.988lifeline.org.

If you are experiencing food or housing insecurity and need access to mental health and other social services call 211. This free service will connect you with local organizations offering services. You may also find information on their website 211.org

Environment:

- Comfortable bed/mattress, pillows, bedding ▪ Keep noise level quiet (use ear plugs if necessary)
- Keep room dark during sleep hours ▪ Keep room cool and well ventilated
- Reserve your bed for sleep and sex ONLY! ▪ Cover the alarm clock and any other lights
- Remember that light signals your brain to wake up ▪ If possible, remove TV from room
- If not possible to remove TV, avoid violent shows or news

Bedtime Routine:

- Prepare yourself to go to sleep at the same time every night ▪ Read something calming or boring
- Listen to relaxing music ▪ Make simple preparations for the next day ▪ Have a light bedtime snack
- Take natural sleep supplements (e.g. melatonin, magnesium glycinate) if approved by your primary provider
- Meditate, pray, or relaxation exercises ▪ Light stretching or yoga
- Write in an expressive journal and review the next day

Middle of the night:

- Use thought stopping or reframing for recurring thoughts and worries
- Do gentle stretches or self-massage to ease pain ▪ Use stress management strategies
- Maintain a calm and positive attitude ▪ Avoid getting angry at yourself- it will only stress you out
- If you wake up DO NOT spend more than 30 minutes in bed
- Instead get up and do something BORING, not activating (like TV, phone or cleaning)
- Practice deep breathing and/or progressive muscle relaxation
- Visualize a peaceful, restful place ▪ Be kind and patient with yourself and you will fall back asleep

During the Day:

- Incorporate aerobic exercise into your routine ▪ Connect with your social support
- Get at least 15 minutes of sunlight to regulate sleep/wake cycle ▪ Limit napping to 30 minutes maximum
- Avoid caffeine 6 hours before bedtime ▪ Avoid heavy/activating exercise 2-4 hours before bedtime
- Avoid alcohol 4-6 hours before bedtime ▪ Avoid nicotine 4-6 hours before bedtime
- Avoid heavy meals right before bedtime, eat a lighter snack if necessary
- Avoid hot bath or shower 2 hours before bedtime (warm shower ok)

■ SLEEP DIARY

Directions: Please monitor your sleep behavior each day for 1-4 weeks.
Complete each section in this diary:

(example)

DAYS	1	1	2	3	4	5	6	7
DATE	10/20							
Avoided day naps Y/N	Y							
Exercised Y/N	Y							
Avoided stimulants Y/N	Y							
Relaxed before bed Y/N	Y							
Used distraction techniques Y/N	Y							
Kept to a schedule Y/N	Y							
List the name and time of last medication taken before bed	Melatonin 9 pm							
Time to bed	10 pm							
Minutes to get to sleep	30							
Times awake during the night (0-4)	3							
Total sleep time (hours)	4 ^{1/2}							
Sleep scale (use scale below)	2							

0 = Very Poor; 1 = Poor; 2 = Fair; 3 = Good; 4 = Excellent

Sleep Efficiency Training

Sleep Efficiency Training (SET) begins with a focus on improving the quality of your sleep and then moves to increasing the quantity. Reaching deeper sleep is essential to obtaining the desired length of sleep. Sleep efficiency training is perfect for people who have lost all confidence that they will “ever” sleep well again.

Sleep efficiency training is also effective for people who need to “consolidate” their sleep- those who wake up in middle of night and are unable to return to sleep or who wake up too early. This treatment component was initially designed to help older adults with fragmented sleep but is now seen as the single most powerful intervention for improving insomnia

Steps for Sleep Efficiency Training

1. Identify how many hours you sleep to set “Time in Bed”
 - a. Keep a sleep log and identify the average amount of hours you sleep during the week
 - b. Determine how long you want to sleep, start with no less than 5 hours.
2. Determining wake time and bedtime
 - a. Start with setting your wake time based upon your sleep patterns (are you a “night” or a “morning” person)
 - b. Once your wake time is set, count backwards based on your “time in bed” and set your bedtime
 - c. Keep your wake time the same every day
3. After three consecutive nights of good sleep add 15-20 minutes to “time in bed” for each night of good sleep until you reach target amount of sleep
4. Do not nap during this period of reset

An example of Sleep Efficiency Training

1. Franco evaluates his sleep logs to determine that he sleeps about 6 hours each night (although he is in bed for about 8 or 9 hours)
2. He knows he is a “night owl” so decides to set his wake time at 8am and a bedtime of 2am
3. After three nights of his “usual” sleep the effects of being tired start to “kick in” and he becomes more confident of falling asleep

4. After adding 15-20 minutes of sleep each time he gets 3 good nights a month later he is up to sleeping 7.5 hours and his confidence in falling asleep is higher than he can remember

Common Obstacles to SET

1. Sticking with "time in bed"
 - a. If you are a "morning" person then find somewhat stimulating things to do before bed to help stay awake
 - b. If you are a "night" may want to schedule a fun activity early in morning to motivate to leave the bed
2. Spouse or partner issues
 - a. Discuss your plan with your sleep partner