

Wellness Class Resources: Insomnia, Nighttime Strategies



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

Audios/Videos Played in Class:

- Progressive Muscle Relaxation (PMR):
https://www.youtube.com/watch?v=7sliyoamDLg&list=PLBKk0HTftVEeeHoiGmY86-NaTApGgeDdA&index=5&ab_channel=BoomerangHealthcare
- Autogenic Training:
https://www.youtube.com/watch?v=B5uNqPXyURs&list=PLBKk0HTftVEeeHoiGmY86-NaTApGgeDdA&index=4&ab_channel=BoomerangHealthcare
- Pure Binaural+ Delta: <https://www.youtube.com/watch?v=2AKewgViF9s&t=17s>
- Bilateral for Better Sleep: https://www.youtube.com/watch?v=EjNzgVfTzPI&list=OLAK5uy_nnFLaw3sTVFdbzrd6S1_uJEbv5LeDvYAgM&index=4
- 432Hz for Sleep: <https://www.youtube.com/watch?v=TkO5f9nit6g>
- Sleep story by Headspace: <https://www.youtube.com/watch?v=DkgozEpaELw>
Spanish sleep story: https://www.youtube.com/watch?v=5LO_YiDgL_Q

Recommended Reading:

Sleep Through Insomnia: End the Anxiety and Discover Sleep Relief with Guided CBT-I Therapy by Brandon Peters, M.D.

Referenced In Class:

Free Chronotype Self-Test: [Microsoft Word - 19.11.19 MEQ-SA 2019.docx](#)

You Might Also Like:

- Videos:
 - Sleep and Focus Better by Learning Your Body's Ideal Schedule:
https://www.youtube.com/watch?v=I7QUUsNOXitc&ab_channel=Headspace
 - Racing Thoughts While Trying to Sleep? Try This:
<https://www.youtube.com/watch?v=ft-vhYwHxw&t=5s>
- Apps:

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- UCLA Mindful app: <https://www.uclahealth.org/marc/ucla-mindful-app>
- Headspace meditation and sleep app <https://www.headspace.com/>
- Calm meditation and sleep app: <https://www.calm.com/>

Mental Health Resources:

Find a CBT-I Therapist

- CBT-I International Directory: <https://cbti.directory/>
- Psychology Today: <https://www.psychologytoday.com/us>

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

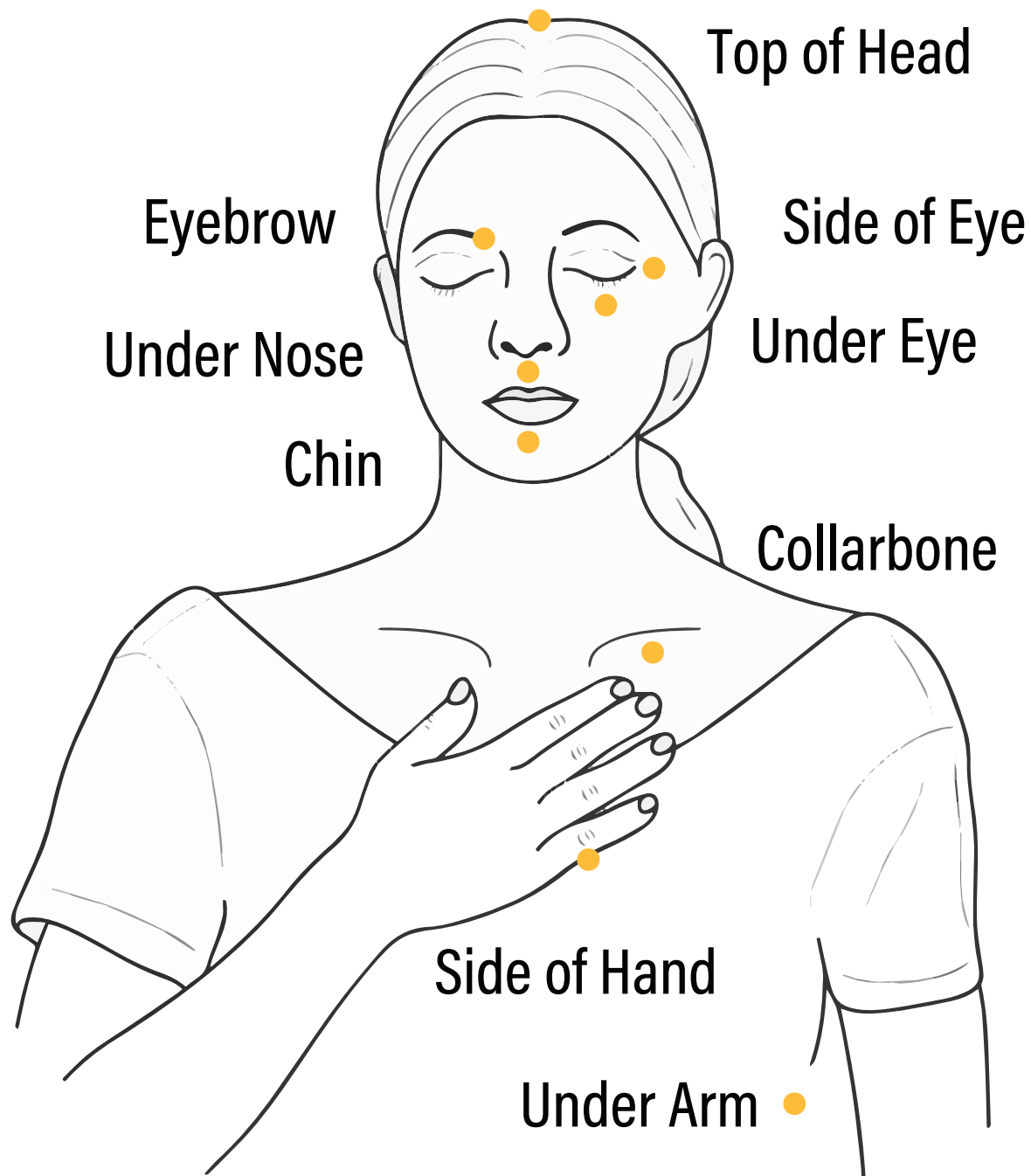
Constructive Worry Guide

*During the early evening (at least 2 hours before bed)
take about fifteen minutes to do this exercise.*

1. Write down a problem facing you that has the greatest chance of keeping you awake at bedtime, and list them in the "Concerns" column.
2. Think of the next step you might help fix it. Write it down in the "Solutions" column. This need not be the final solution to the problem, since most problems have to be solved by taking steps anyhow, and you will be doing this again tomorrow night and the night after until you finally get to the best solution.
3. Repeat this for any other concerns you may have
4. Fold the Constructive Worry sheet in half and place it on the nightstand next to your bed and forget about it until bedtime.
5. At bedtime, if you begin to worry actually tell yourself that you have dealt with your problems already in the best way you know how, and when you were at your problem-solving best. Remind yourself that you will be working on them again tomorrow evening and that nothing you can do while you are so tired can help you any more than you have already done; more effort will only make matters worse.

Concern	Solution
1.	A) B) C)
2.	A) B) C)
3.	A) B) C)
4.	A) B) C)
5.	A) B) C)

EFT Tapping Points



Sleep Supplement Info:

- Protein
 - A protein shake before bed may help with sleep. It supplies your body with amino acids, like Tryptophan, which is needed to synthesize sleep related hormones Serotonin & Melatonin.
 - Reducing carbs and eating more fats & protein can also help reduce blood glucose spikes in the blood that may induce stress/wakefulness
- High Fat Snacks
 - Turkey, milk, cottage cheese, chicken, eggs, & nuts (especially almonds) may help promote sleep. These are foods high in tryptophan which synthesizes into Melatonin & Serotonin.
- High Carbs – bad
 - Dips in blood glucose (especially rapid ones) can stimulate the release of adrenaline & cortisol – which promote awakening
- “Helpful Hormones”
 - Tryptophan aids the synthesis of Serotonin. Clinical trials have shown that Tryptophan can lead to dramatic relief in moderate to even some severe cases. Tryptophan > Over the counter meds because it does not distort normal sleep processes. Tryptophan effects have been shown to be cumulative: meaning it often takes a few nights for it to start working. Dosages of Tryptophan smaller than 2000 mg are generally ineffective, it is recommended to use it for at least a week to observe if it effects insomnia. Single dosages of Trypt can have good sleep-promoting effects in other situations: such as insomnia the first time you sleep in a new place (like a hotel)
 - Avoid protein at the same time as tryptophan to increase it’s amino acid uptake by the central nervous system. It is also recommended to have tryptophan with carbs (like fruit or fruit juice) because insulin increases tryptophan uptake.
 - 5-HydroxyTryptophan (5- HTP) chemically is one step closer to serotonin than Tryptophan. For this reason it is easier for it to get to our brain and can be used in lower dosages. 5 HTP can be more effective than Tryptophan in promoting and maintaining sleep. 5 HTP promotes more REM sleep and increases deep sleep while not extending total sleep time (it reduces the time spent in nonREM stages 1 & 2).
 - Dosage: 100 to 300 mg taken 30-45 mins before sleeping. Start with a lower dose for 3 days before increasing.
 - Melatonin known for helping sleep in children – adults and in people with regular sleep patterns and those with insomnia. Sleep promoting effects only work if body melatonin levels are low. When taken just before bed by people with normal serum melatonin levels it produces no sedative effect. This is because people naturally have a spike in melatonin before falling asleep.
 - Melatonin supplementation is very effective in the elderly – where low serum melatonin levels are more common.
 - Dose: 3 mg at bedtime is more than enough. (doses as low as .1 - .3 have been shown to produce a sedative effect if melatonin levels are low)
 - No serious side effects – but it could disrupt the normal circadian rhythm.

- Alcohol
 - Alcohol has sedative effects as it is a depressant causing brain activity to slow down. While it may help with getting to sleep it very often leads to poor quality of sleep.
 - It takes a while for our liver to process alcohol so as we sleep the liver is still working to reduce the alcohol in our blood which may cause disturbances and restlessness in our sleep
 - Alcohol reduces REM sleep

- “Avoiding Stimulants”
 - Caffeine – Coffee, soft drinks, chocolate, coffee flavored ice cream, hot cocoa, & tea. Even small doses in decaf coffee & chocolate can cause insomnia in some people
 - Food colorings, food allergies, sugar & refined carbs interfere with sleep. These provoke a survival stress response in the nervous system which causes wakefulness

- Herbal Teas
 - Effective Teas for sleep: Valerian, Chamomile, Lavender, Lemon Balm, Passionflower, Magnolia Bark
 - Source: <https://www.sleepfoundation.org/best-tea-for-sleep>

- Caution w/ Valerian, Kava, St Johns Wort
 - Valerian: historically used for insomnia. Valerian is known to improve sleep quality and sleep latency (time required to go to sleep) and leaves no “hangover” the next day. Best if taken 30-45 mins before sleep.
 - Cautions: Valerian Root slows down the nervous system. Contraindicated for surgeries as it can combine with anesthesia
 - Not to be used with Alcohol, Xanax, & Sedative medication (CNS depressants)
 - Kava: Helps with calm and relaxation (similar to alcohol). Not to be taken longer than 3 months, can cause liver damage.
 - St Johns Wort: More commonly used for depression and mood disorders. May cause serious interactions with some medications. Is banned for use in products in France & some countries require a prescription for use.

- Magnesium Glycinate
 - 50% of people may have a magnesium deficiency. Magnesium plays a crucial role in a number of physiologic processes. Perhaps one of the keys is regulation of glucose and insulin (in relation to sleep)
 - Magnesium works with glycine to synthesize neurotransmitters (like GABA) that promote a feeling a calm. Glycine may improve sleep quality and promote a healthy circadian rhythm.
 - Magnesium glycinate can also improve blood sugar levels and help reduce inflammation in the body.

- Magnesium Citrate is more likely to have a laxative effect. Magnesium Glycinate is more for calming and stress relief, insomnia, anxiety, etc
- Calcium Orotate/Citrate
 - Calcium Citrate is well absorbed in the body.
 - Calcium Orotate is dangerous and not advised.
- Over the counter sleep meds: Effective for short term use but cause significant long term issues. Sleeping pills are addictive, have numerous side effects, & cause abnormal sleep patterns.
 - Vicious Cycle: People take sleep meds to sleep, but the drug interferes with normal sleep. In the morning people then “to get going” ingest a lot of caffeine which further worsens their insomnia.
 - Antihistamines – affect normal sleep patterns.

Using Essential Oils Safely

<https://medium.com/@aculuminary/using-essential-oils-safely-143b59ef1b97>

This handout is for educational purposes only and is not medical advice. Consult your doctor before starting any new supplements to ensure they are safe and appropriate for you.

Patterns of Cognitive Distortions:

These are 10 common cognitive distortions that can contribute to negative emotions. They also fuel catastrophic thinking patterns that are particularly disabling. Read these and see if you can identify ones that are familiar to you.

1. All-or-Nothing Thinking: You see things in black-or-white categories. If a situation falls short of perfect, you see it as a total failure. When a young woman on a diet ate a spoonful of ice cream, she told herself, “I’ve blown my diet completely.” This thought upset her so much that she gobbled down an entire quart of ice cream!

2. Over generalization: You see a single negative event, such as a romantic rejection or a career reversal, as a never-ending pattern of defeat by using words such as “always” or “never” when you think about it. A depressed salesman became terribly upset when he noticed bird dung on the windshield of his car. He told himself, “Just my luck! Birds are *a/ways* crapping on my car!”

3. Mental Filter: You pick out a single negative detail and dwell on it exclusively, so that your vision of all reality becomes darkened, like the drop of ink that discolors a beaker of water. Example: You receive many positive comments about your presentation to a group of associates at work, but one of them says something mildly critical. You obsess about his reaction for days and ignore all the positive feedback.

4. Discounting the Positive: You reject positive experiences by insisting they “don’t count.” If you do a good job, you may tell yourself that it wasn’t good enough or that anyone could have done as well. Discounting the positive takes the joy out of life and makes you feel inadequate and unrewarded.

5. Jumping to Conclusions: You interpret things negatively when there are no facts to support your conclusion.

Mind Reading: Without checking it out, you arbitrarily conclude that someone is reacting negatively to you.

Fortune-telling: You predict that things will turn out badly. Before a test you may tell yourself, “I’m really going to blow it. What if I flunk?” If you’re depressed you may tell yourself, “I’ll never get better.”

6. Magnification: You exaggerate the importance of your problems and shortcomings, or you minimize the importance of your desirable qualities. This is also called the “binocular trick.”

7. Emotional Reasoning: You assume that your negative emotions necessarily reflect the way things really are: “I feel terrified about going on airplanes. It must be very dangerous to fly.” Or “I feel guilty. I must be a rotten person.” Or “I feel angry. This proves I’m being treated unfairly.” Or “I feel so inferior. This means I’m a second-rate person.” Or “I feel hopeless. I must really be hopeless.”

Thinking About Thinking (continued)

8. “Should statements”: You tell yourself that things *should* be the way you hoped or expected them to be. After playing a difficult piece on the piano, a gifted pianist told herself, “I shouldn’t have made so many mistakes.” This made her feel so disgusted that she quit practicing for several days. “Musts,” “oughts” and “have tos” are similar offenders.

“Should statements” that are directed against yourself lead to guilt and frustration. Should statements that are directed against other people or the world in general lead to anger and frustration: “He shouldn’t be so stubborn and argumentative.”

Many people try to motivate themselves with should and shouldn’ts, as if they were delinquents who had to be punished before they could be expected to do anything. “I shouldn’t eat that doughnut.” This usually doesn’t work because all these should and musts make you feel rebellious and you get the urge to do just the opposite. Dr. Albert Ellis has called this “*musterbation*.” I call it the “shouldy” approach to life.

9. Labeling: Labeling is an extreme form of all-or-nothing thinking. Instead of saying “I made a mistake,” you attach a negative label to yourself: “I’m a loser.” You might also label yourself “a fool” or “a failure” or “a jerk.” Labeling is quite irrational because you are not the same as what you do. Human beings exist, but “fools,” “losers,” and “jerks” do not. These labels are just useless abstractions that lead to anger, anxiety, frustration, and low self-esteem.

You may also label others. When someone does something that rubs you the wrong way, you may tell yourself: “He’s an S.O.B.” Then you feel that the problem is with that person’s “character” or “essence” instead of with their thinking or behavior. You see them as totally bad. This makes you feel hostile and hopeless about improving things and leaves little room for constructive communication.

10. Personalization and blame: Personalization occurs when you hold yourself personally responsible for an event that isn’t entirely under your control. When a woman received a note that her child was having difficulties at school, she told herself, “This shows what a bad mother I am,” instead of trying to pinpoint the cause of the problem so that she could be helpful to her child. When another woman’s husband beat her, she told herself, “If only I were better in bed, he wouldn’t beat me.” Personalization leads to guilt, shame, and feelings of inadequacy.

Some people do the opposite. They blame other people or their circumstances for their problems, and they overlook ways that they might be contributing to the problem: “The reason my marriage is so lousy is because my spouse is totally unreasonable.” Blame usually doesn’t work very well because other people will resent being scapegoated and they will just toss the blame right back in your lap. It’s like the game of hot potato – no one wants to get stuck with it.

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Burns D. (1989). *The Feeling Good Handbook*. Harper-Collins Publishers. New York.

Thinking About Thinking (continued)

Reframing Tips:

- Explore what's stressing you: View your situation with positive eyes.
- Find what you can change: If you could, what parts of your situation would you most like to change? With positive reframing, you may see possibilities you weren't aware of before.
- Identify benefits: Find the benefits in the situation you face.
- Discover the humor: Find the aspects of your situation that are so absurd that you can't help but laugh.

(The Resilience Alliance, 2011)