

Part Three:

Activity
And
Relaxation

best
BETTER SLEEP TRIAL

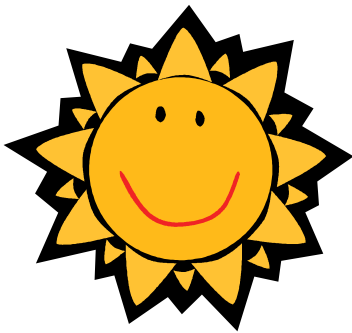
Activity

- What we do during the day affects our sleep at night time.
- To help sleep we need to keep active during the day with a range of activities and take time to relax.
- We also need daylight during the day as this lets our natural body clock know that it is daytime.
- We want to remind our body of its natural rhythms: activity in the daytime and sleep at night time.



Activity during the day

- By creating patterns of regular activity we can help re-set our natural body clock which helps us to sleep. This includes regular meal times, a regular bed time and a regular RISE UP time.



- Daylight helps set our natural body clock, so making sure we get daylight each day is important for our sleep.

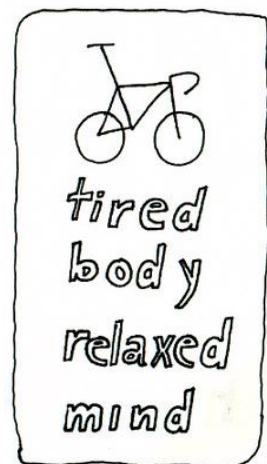
- We can also plan activities which are enjoyable, active and help us get some daylight.

- Regular exercise during the day time can help you feel better and get to sleep at night. It helps relax your body and can help you feel tired and ready for sleep. For example, you could take a short walk for 20 minutes/ half an hour each day.

- We can use our 5-a-day to make sure we get the right mix of activities. Remember, having regular activity during your day can help you feel better.

- If you think this may be helpful for you, we can fill in a weekly activity chart together for the next week.

- Being active creates more energy which can help combat tiredness in the day.





Get your 5 a day!

You might have heard that it is important to eat 5 pieces of fruit and vegetables to ensure you maintain a *healthy* body- but what about the 5 different ways to maintain a **happy** body? Research has shown that making sure these 5 different ways are part of your life can help make life more enjoyable for you...and even help you live longer!

CONNECT

Connect with family, friends, colleagues and neighbours. Whether this be at home, at work, college or people in your local community.

Think of these relationships as important to your life and spend time building them.

These relationships will support and improve your life every day.

KEEP LEARNING

Try that activity that you have always been meaning to or pick up that hobby you used to enjoy and have forgotten about. Why not cook that meal you have always wanted to try? Set yourself a challenge and plan the steps to achieve it. Learning and trying new things helps to keep our brain active, gives us confidence and can be really enjoyable.

BE ACTIVE

Try walking, running, cycling, skipping, dancing, gardening. Being active and doing exercise makes us feel good and healthy. Find a physical activity that you get enjoyment from.

GIVE

Help out a friend or someone you don't know. Smile as you are walking down the street. Thank someone for something they have done for you. Give up your time to help those in need. Using your experiences and skills to help other people can help you to feel better about yourself and can be incredibly rewarding.

TAKE NOTICE

Take the time to notice the world around you. Notice the colour of the leaves, the sunshine through the clouds. Stop and look at things that catch your eye, things that you find beautiful or make you feel happy. Savour those moments. Being in the present and being more involved in your experiences will help you to appreciate them more.

Activity menu



Things I enjoy, that give me a sense of pleasure or achievement:

- 1.
- 2.
- 3.
- 4.
- 5.

Things that fit with my 5 a day

Connect



Be active



Keep learning



Give



Take notice



Use this activity menu to select activities and things to do for your weekly plan.

Relaxation



- It can be helpful to practice a relaxation technique as part of your bedtime routine.
- There are different types of relaxation and it can take a while to *learn* to relax so try out different relaxation methods and see which ones suit you.
- We tend to find that some exercises work really well for some people and not for others – so have a go at experimenting with the different exercises to find which ones work for you.
- All of the exercises can be done with your eyes open or closed- whatever you find most comfortable. *But remember the aim of relaxation exercises is not to go to sleep but to relax- so take a position that will help you relax.*
- Practice either lying down or sitting comfortably in a chair.
- We will try out some techniques together in the session. Then you can use a CD to practice.
- Like learning any new skill, practising relaxation techniques requires practice- and lots of it! So keep going, even if you don't feel relaxed at first!

Coloured breathing

In order to relax, some people find it helpful to **imagine breathing out all the tension** in their body.

- Begin by sitting comfortably. You may want to have your feet on the ground or maybe even prefer to lie down. Take a position that will help you relax.
- Pick a colour representing tension
- Imagine and begin to feel yourself breathing out breath tinged with that colour of tension
- Allow yourself to feel the tension draining out of your body: breathing out that tense coloured breath and allowing it to float away so it can't bother you.
- See yourself breathing out the tense, coloured breath and notice all of the muscles in your body relaxing more and more with each breath
- As you breathe out your tension, you are left with relaxed, easy feelings of comfort and well-being.
- Just keep breathing out that tense coloured breath for as long as you need, becoming more and more relaxed with each breath.
- Your breathing becoming slower, deeper and calmer with every breath you take.

You might find that as you successfully breathe out the tension, the colour becomes paler and paler, as all of the tension leaves your body breath, by breath.

You might like to imagine **replacing the tension with calm, relaxed feelings**.

- Bring to mind a colour representing calm, easy feelings of relaxation
- Imagine breathing in air tinged with this calming, soothing colour
- Breathe in the calm coloured breath for as long as you need: every breath making you feel calmer, and more relaxed than before.

And when you are ready, slowly, gently wiggle your fingers and your toes, and then gently open your eyes and bring your attention back to this room.

Soothing rhythm breathing

- Begin by sitting comfortably. You may want to have your feet on the ground or maybe even prefer to lie down. But remember the aim of relaxation exercises is not to go to sleep but to relax- so take a position that will help you relax.
- Spend a few moments simply focusing on breathing in and out, slowly and evenly, try to breathe into your diaphragm. If it helps, put your hand on your stomach and, as you breathe in and out, you should feel your hand going up and down.
- Try and experiment a little bit with the pace of your breathing. Just notice the differences you feel in your body as you breathe a bit faster and as you breathe a bit slower.
- Eventually, you may feel yourself rest at a pace that is a bit deeper and slower than your normal rhythm of breathing, a rhythm that is calmer and soothing for you. This is your own natural soothing rhythm of breathing.
- As you breathe, pay attention to your out breath. The out breath is the one that helps relax and calm your body.
- Try and focus on your breathing. You may have noticed your mind wandering or being distracted, that is natural, that is what minds do. There is no right or wrong. So when your mind drifts, which it will, gently and without judgement bring your attention back to focus on your breathing.



Relaxation Imagery

- Imagery involves creating a picture or story in your mind of something you find relaxing.
- This can be a made up place or a memory of a time or place in which you felt happy and relaxed.
- Imagery uses all of our senses- so think about the smell, *taste*, **sounds** and feelings of your image. Think about the sounds in the distance, or the feeling under your feet, and the warmth or cool of the air. Perhaps even look around you in your image, to see what is in the distance and what is all around you.
- For imagery to be most helpful it should be *planned* and *well-practiced*. Try to practice your imagery daily, both when you're trying to sleep and for relaxing during the day.



Begin to create an image in your mind and write a description- remember to try and add as much detail to your image as possible including what you see, hear, feel, smell and taste:

Progressive Muscle Relaxation

When we feel stressed, anxious or worried (which we might do if we are struggling with sleep problems) all of our muscles become tense. One way to calm our mind is to use our muscles to send a message to the brain to say “it’s ok”. We can do this by relaxing all of our muscles.

To relax our muscles, first it’s helpful to notice what tension feels like.

So to begin, clench the fingers on your right hand to make a fist, clench it really tightly, notice the tension in your hand and forearm. Now let go of the tension and allow the hand and arm to become relaxed. Notice the relaxation spreading through the hand and arm.

Now your left hand. Make a tight fist, holding it tighter and tighter, noting the tension for a moment and then let go of the tension and allow the muscles of the hand and arm to become relaxed. Notice the relaxation spreading through the hand and arm.



Now we know what tension and relaxation feel like, we’ll start from the bottom of your body and work our way up.

- Begin by sitting comfortably. You may want to have your feet on the ground or maybe even prefer to lie down. Take a position that will help you relax.
- If you feel comfortable, let your eyes gently close. Alternatively, gaze off in to the middle distance.
- Take a few deep breaths, all the way in to the chest and stomach and exhale completely. You might want to practice a breathing exercise first.

Feet and Legs

Start by tensing the muscles in your feet, stretch your toes and arch your foot, hold for a few seconds noticing the tension... and relax. Notice the difference between the tension and relaxation. Repeat.

Now tense the muscles in your legs, lift your legs slightly off the floor, hold for a few seconds noticing the tension in your legs.... And relax. Notice the difference between the tension and relaxation. Repeat.

Take a deep breathe in, all the way into chest and stomach and exhale completely. Notice how your feet and legs feel. Allow all the tension to wash away.

Hands, Arms and Shoulders

Clench your fists, hold the tension in your hands for a few seconds, notice the tension... and relax. Notice the difference between the tension and relaxation. Repeat.

Tense all the muscles in your arms, hold that tension.... and relax. Notice the difference between the tension and relaxation. Repeat.

Shrug your shoulders up to your ears; use all the muscles in your back. Hold that tension for a few moments...and relax. Notice the difference between the tension and relaxation. Repeat.

Take a deep breathe in, all the way into chest and stomach and exhale completely. Notice how your hands, arms and shoulders feel. Allow all the tension to wash away.

Face

Tense all the muscles in your face and squeeze your eyelids shut. Hold that tension for a few moments, noticing what it feels like... and relax. Notice the difference between the tension and relaxation. Repeat.

Take a deep breathe in, all the way into chest and stomach and exhale completely. Notice how your face feels. Allow all the tension to wash away.



Breathing

Continue to take deep breathes in, all the way to your chest and stomach and exhale completely. Allow breathes to become more and more relaxed. Allow relaxation to wash over your body.

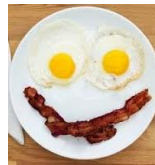
Allow your mind to drift into relaxation. Allow your thoughts to come and go. Feeling comfortable and relaxed.



My weekly activity plan

RISE UP:



Breakfast:

Morning Activity:

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Lunch:

Afternoon Activity:



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Dinner:

Relaxation:

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Bed time:

Sleep Diary

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1. What time did you wake up today?							
2. What time did you get out of bed today?							
3. What time did you go to bed last night (put the light out)?							
4. How long did it take you to fall asleep last night (in hrs)?							
5. How long were you awake during the night?							
6. What medication did you take to help you sleep? What? What dose? What time?							
6. How much alcohol did you have last night?							





SESSION REVIEW

How did you find today's session?

What is one thing you will take away from today's session?

Before your next therapy session:

Fill in sleep diary.

Try activities and relaxation.

What might be difficult about doing this? What will help you do this?