

Part One:

What Is
Stopping
Me Sleep?

best
BETTER SLEEP TRIAL

What are sleep problems?

- Sleep problems are **difficulty getting to sleep, staying asleep, sleeping too much** or **sleeping at unusual times**.
- Almost everyone has experienced sleep difficulties at some point in their lives.
- 1/10 people have insomnia.



What are the effects of poor sleep?

- Tired/ weary
- More worried and anxious
- Irritable and moody
- Low in Mood
- Poorer concentration
- Poor memory

Cognitive Behavioural Therapy (CBT) for Sleep Problems

- This sleep therapy has been designed to improve sleep using tried and tested psychological techniques.
- Research has found this therapy to be a good long term treatment for sleep problems.

What will the therapy will involve?

- You will have 6 – 8 sessions with the therapist to find ways to improve your sleep problems.
- First, we will try to find out what things may be affecting your sleep.
- Then we will try out ways of making changes to help you sleep better. This might be changes to the things you do during the day or how you think about sleep.
- After each session you will have different things to practice.
- Some of these techniques may be difficult at first but with practice they will get easier.
- We will keep in touch between sessions to help you try out your new techniques.
- In the last session we will review what you have found helpful and would like to keep doing.

Personal Accounts of how CBT has helped people with Sleep problems

"Before using these techniques I averaged 4 hours of sleep per night. I'm now averaging 6-7 hours per night, falling asleep faster, staying asleep longer, and experiencing better quality of sleep. These techniques put your mind at ease and teach you how to take control of your sleep again instead of it controlling you."

"I had been laying awake more and more, worried about how much sleep I was getting. As a result of taking to heart the information I was given, I immediately changed many of my sleep habits."

Getting to know about your sleep

Now we have some clues about the factors that promote “good sleep” we need to work out what is affecting your sleep.

The first part of this sleep programme is finding out what sorts of things might cause your sleep difficulties or make them worse.

To do this it is useful to describe the history of your sleep problems.

For example:

1. When did your sleep difficulties start?
2. How many nights a week do you have sleep difficulties?
3. Roughly, how many hours do you think you sleep each night?
4. What is your current normal sleep pattern? (bed-time, getting-up time, night time waking, napping)
5. Have you had sleep difficulties before?
6. Have tried any other treatments for sleep difficulties?
7. How do your sleep difficulties affect you during the day? How do they affect you?





How has your sleep been over the last week?¹

Each time you meet with your therapist you will be asked to fill in the following questions about your sleep over the last week so that you can discuss changes in your sleep and see improvements in your sleep.

Please rate the following in relation to your CURRENT sleep (in the past week). For each question please CIRCLE the number that best describes your answer.

Sleep problem	None	Mild	Moderate	Severe	Very Severe
1. Difficulty falling asleep	0	1	2	3	4
2. Difficulty staying asleep	0	1	2	3	4
3. Problem waking up too early	0	1	2	3	4

4. How satisfied/ dissatisfied are you with your current sleep pattern?

Very Satisfied 0 1 2 3 4 Very dissatisfied

5. To what extent do you consider your sleep problem to interfere with your daily functioning (e.g. daytime fatigue, mood, ability to function at work/ daily chores, concentration, memory, mood etc.).

Not at all interfering 0 A little 1 Somewhat 2 Much 3 Very much interfering 4

6. How noticeable to others do you think your sleep problem is in terms of impairing the quality of your life?

Not at all noticeable 0 Barely 1 Somewhat 2 Much 3 Very much noticeable 4

7. How worried/distressed are you about your current sleep problem?

Not at all worried 0 A little 1 Somewhat 2 Much 3 Very much worried 4

¹¹¹ Bastien, C. H., Vallieres, A. & Morin, C. M. (2001). Validation of the insomnia severity index as an outcome measure for insomnia research. *Sleep Medicine*, 2, 297-307.



What is affecting *my* sleep?

Which of the following apply to you?

What stops me sleeping?	1 Not at all	2 Some- what	3 Quite a lot	4 Very much
Thoughts go through my head and keep me awake.				
I have a lot of worries which keep me awake.				
I feel anxious when I am trying to sleep.				
I can't relax when I am trying to sleep.				
I worry about other people harming me.				
I hear voices.				
I have nightmares.				
I feel too upset to sleep.				
I don't do much during the day.				
I find it too noisy to sleep.				
My room is too light.				
My room is too hot/ cold.				
I snore heavily.				
I sleep during the day.				
I have a lot of caffeine (coffee, tea, coke, chocolate)				
I smoke before I go to bed.				
I drink alcohol before I go to bed.				
I don't have a regular bed time and waking time.				
I spend a lot of time lying in my bed not sleeping.				
I go to bed when I don't feel tired.				
Other (please specify):				
Other (please specify):				
Other (please specify):				

What keeps my sleep problems going?

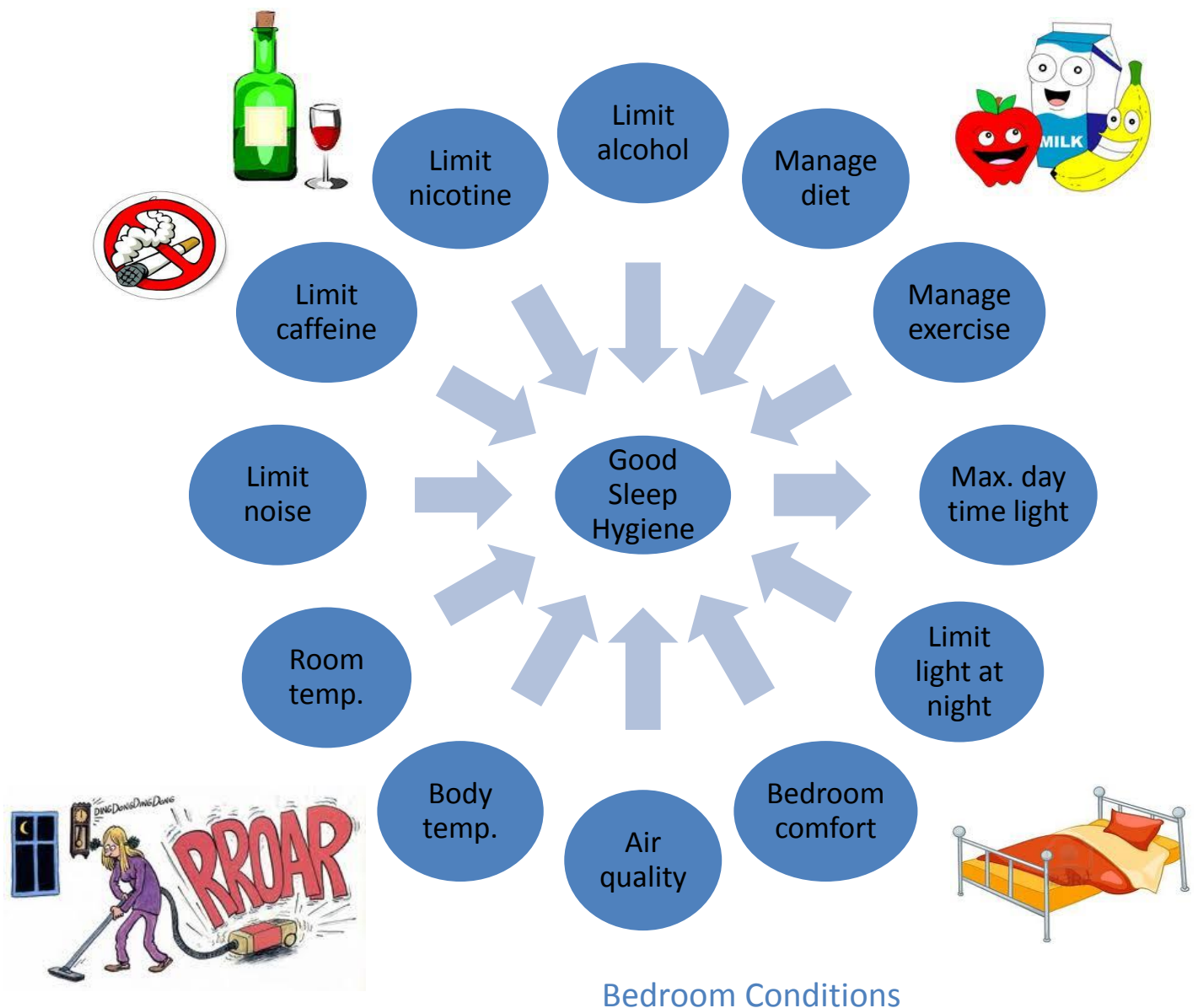
- The way we think, feel and behave are very closely linked.
- It might be useful to discuss with your therapist how your thoughts, feelings and behaviour may disrupt your sleep and using the picture below.
- By understanding these links we can better understand what may need to be changed to relieve sleep problems e.g. change unhelpful behaviour or unhelpful ways of thinking.

What helps us have “good sleep”?

The Basics: Lifestyle and bedroom conditions affect sleep

- Some habits and bedroom set-up can affect our sleep.
- These factors help us to have “good sleep”:

Lifestyle Factors



Lifestyle factors known to effect sleep



Caffeine: Caffeine keeps you awake. It is in tea, coffee, coke, chocolate, cocoa, some medicines for headaches, colds and weight loss. Aim not to have any caffeine for 4 to 6 hours before you go to bed. Reduce caffeine slowly if you drink a lot of it.

Alcohol: Alcohol disrupts your sleep and affects the quality of your sleep. It makes you thirsty so you are more likely to wake in the night needing to go to the toilet – your sleep becomes more broken. Aim to avoid drinking alcohol 4 hours before bedtime. If you drink a lot of alcohol, you can discuss this with your therapist.



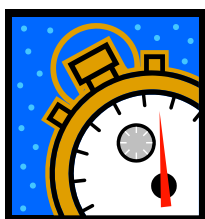
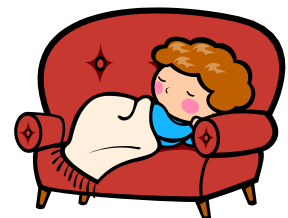
Nicotine: Nicotine in cigarettes wakes you up. If you smoke, try to cut down in the evening before you go to bed and at night time. If you want to give up smoking it is important to discuss this with your doctor (GP).

Exercise: Regular exercise improves the quality of sleep. Aim to gently exercise every day for 20-30 minutes. For example, you could take a walk for 20 minutes/ half an hour each day. Exercise wakes you up so avoid strenuous exercise just before bedtime.



Diet: Hunger can cause wakefulness. A light snack before bedtime can aid sleep. On the other hand, going to bed just after eating a large meal can also keep you awake. Eating a healthy balanced diet at regular mealtimes during the day will stop you feeling hungry at night time.

Naps during the day: If you take naps during the day, it is very likely that you will have more difficulty falling asleep the following night. This can lead to a bad sleep pattern of sleeping during the day and not being able to sleep at night time.



Avoid clock watching: Watching the clock to see what time you're getting to sleep and to see how much sleep you're not getting will increase your worry and anxiety.



Bedtime routine: Having regular bedtimes and times for waking up can help get your body prepared for sleep at the right time and improve your sleep.

Stress, anxiety and worry: If someone is worrying about something or suffering from stress they may find it difficult to get to sleep because they will find it difficult to relax and their mind may be occupied with 'racing' thoughts. Finding ways to relax and reduce worry can improve your sleep.



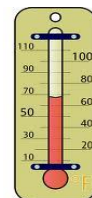
Depression or low mood: Sleep difficulties are related to low mood because not being able to sleep usually makes someone feel more emotionally upset which make it even more difficult to sleep the following night.

Bedroom conditions known to affect sleep



Limit noise: If your room is noisy from street noises, noisy neighbours etc. try using ear plugs to block out some of the sounds. However, if earplugs make you focus on your own inner sounds such as breathing and heart beat then this strategy is not for you.

Room temperature: Try to make sure that your room is not too hot or too cold. Try to make your room a temperature which feels comfortable for you.



Body temperature: Taking a hot bath just before bed may make you feel too hot and affect your sleep. If you take a bath at bedtime try to take it at least an hour before you go to bed.

Air quality: A stuffy room may make create uncomfortable sleep conditions so try opening a window to allow fresh air into your room (as long as it's not too cold outside!).





Light :

Light is really important for sleep as it tells our internal body clock when to feel sleepy and when to feel awake.

For our internal body clock to work we need lots of daylight in the morning and during the day, low level light in the evening and darkness at night.

Use the following tips for light:

- Open your curtains at your getting up time.
- Get outside each day e.g. a short walk.
- Use soft light in the evening.
- Block out light at night time in your bedroom with thick curtains, a blind or a blanket.



Changes I could make to my lifestyle and bedroom to help my sleep:

List below any factors that might be affecting your sleep and note any changes you plan to make to improve your sleep.

These are the things we will be tackling in our therapy sessions.

Life style and bedroom conditions which might be affecting my sleep:	Changes I can make to these factors to improve my sleep:

Goals

- To help you feel motivated it can help to set goals of what you would like to achieve in this therapy.
- Look at the main things that stop your sleeping and keep your sleep problems going from the last part of the booklet to help you decide what changes will help your sleep.
- What would you like to achieve and work towards with your therapist for your sleep difficulties?

Goals should be SMART:

- **S** – Specific
- **M** – Measurable
- **A** – Achievable
- **R** – Realistic
- **T** - time-based i.e. set time to achieve



What are your goals? E.g. better sleep routine, take a walk outside each day

Short term goals: to achieve in the next few weeks.

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Medium Term Goals: to achieve by the end of therapy.

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Long Term Goals: to work towards after therapy.

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Motivation to make changes in sleep routine

The therapy programme involves changing some behaviours and ways you think about things. Making changes in your life and achieving the goals you have set may be difficult. It may help to think about pros and cons of changing your sleep habits.

List the pros and cons which you associate with changing or staying the same. Rate each factor in importance from 0 to 100%

Advantages of current sleep habits	Dis-advantages of current sleep habits
Advantages of changing sleep habits	Dis-advantages of changing sleep habits

Sleep Diary

- Next we need to find out what your current sleep pattern is like by completing a 'sleep diary' to record how long you have slept, when you went to bed and when you fell asleep each night.
- It is **really important** to keep this 'sleep diary' throughout the therapy so that you can notice any improvements or changes.
- Bring this diary with you each time you meet with your therapist.
- Fill in your sleep diary each day at home. Try to fill in your diary when you get up.
- We can support you by calling you in the week to see how you're getting along.



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.

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