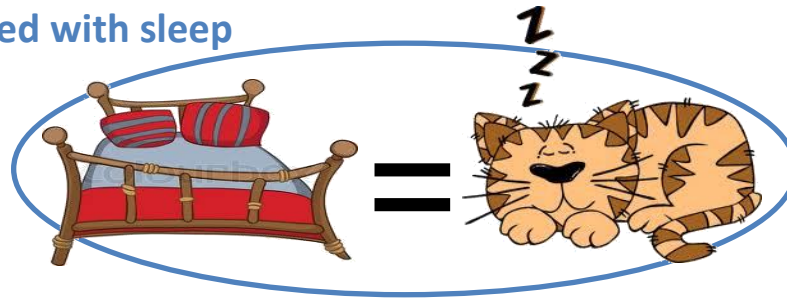


Part Two:

Tackling
Sleep
Problems

best
BETTER SLEEP TRIAL

Associating bed with sleep



- To improve sleep it is important to *only use bed for sleep*.
- When people have had sleep problems for a while they no longer link bed with sleep – they may associate it with not being able to sleep, worrying etc.
- If you spend hours lying in bed not sleeping, you will link bed with not sleeping.
- This will make it more difficult for you to sleep because your mind and body will become used to being awake in bed.
- Its not about “do’s” and “don’t’s” its about the relationship between you and your bed.

Bed is for sleeping

- It is important to *only use your bed for sleeping* e.g. not lying on your bed during the day, watching TV, reading, eating, talking on the phone. Sexual activity is the only exception to this rule.
- When you go to bed, you should put your light out straight away.



Only go to bed when you feel tired

- Only go to bed when you feel sleepy enough to get to sleep quickly.
- Try to stay up until you feel sleepy tired.
- The usual signs of this are lack of energy, itchy eyes, aching muscles, yawning and a tendency to drift off.

¼ Hour Rule

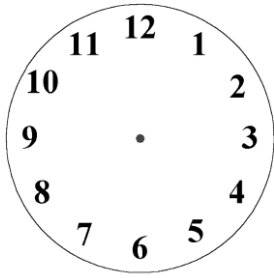
- If you are *lying in bed unable to sleep for longer than ¼ hour*, when you try to go to sleep or when you wake up in the night, get up and go to another room.
- Do something relaxing (like reading a book, having a light snack) *until you feel sleepy* before returning to bed.
- If you can't sleep when you return to bed after ¼ hour then get up again. This helps to link bed with sleepiness.

Bedtime Routine

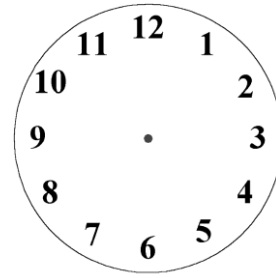
- To help overcome sleep difficulties having a **regular bed time** and **waking up time** will help your body know when it is time to sleep and time to get up. This unfortunately covers a regular routine for every night including weekends!
- Your body and mind also need to be prepared for sleep gradually. It is helpful to develop a **wind-down routine** which starts 1 – 1.5 hours before your bedtime.
- Your routine should involve slowing down or stopping any activities you're involved in and starting your pre-bed routine e.g. cleaning your teeth, putting your pyjamas on, locking up.
- It is helpful to start **relaxing activities** in this time such as having a warm bath, reading, watching TV, having a light snack and a decaffeinated drink, anything which helps you relax.



My New Bedtime Routine:



Regular time I will go to bed



Regular time I will get up

Outline of my bedtime routine:



RISE UP Routine

- To not spend too much time in bed not sleeping, a RISE UP routine is important and will help you feel awake and alert for the rest of the day.
- To make it easier to get out of bed in the morning it helps to build a routine which is enjoyable and even fun.
- Plan a positive reward for getting out of bed like your favourite breakfast.
- Some ideas for a RISE UP routine include:
 - not hitting snooze on the alarm
 - making your bed
 - head for the shower or wash your face
 - take a quick walk
 - get sunlight

R – Refrain from snoozing

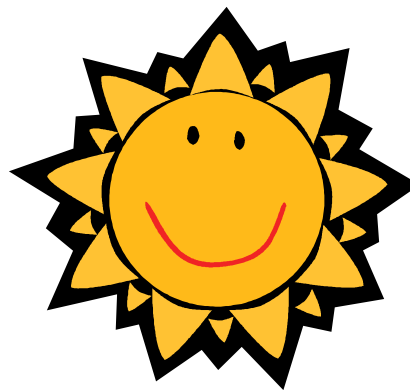
I – Increase activity

S – Shower and wash face

E – Expose self to sunlight

U – Upbeat music

P – Phone a friend



My New RISE UP routine:

A vertical sequence of six empty rectangular boxes, each connected to the one below it by a downward-pointing arrow, intended for writing a routine.



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.

Do my bedtime and RISE UP routines.

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