



Improving Sleep



This booklet includes:

| | |
|---|---------|
| Introduction | Page 3 |
| Understanding sleep | Page 4 |
| <i>What happens when I sleep?</i> | Page 5 |
| <i>The sleep cycle</i> | Page 6 |
| <i>How much sleep do I need</i> | Page 7 |
| <i>Types of sleepers</i> | Page 8 |
| Why do I have poor sleep | Page 9 |
| <i>The consequences of poor sleep</i> | Page 10 |
| <i>The vicious cycle</i> | Page 12 |
| Tips for good sleeping habits | Page 13 |
| <i>Preparation for bed</i> | Page 16 |
| <i>Bed time routine</i> | Page 17 |
| <i>Relaxation / Sleeping Tablets</i> | Page 18 |
| Monitoring your sleep | Page 19 |
| Improve your sleep | Page 21 |
| Dealing with a racing mind | Page 23 |
| <i>Worry diary</i> | Page 25 |
| <i>Problem solving</i> | Page 26 |
| <i>Challenging worry</i> | Page 29 |
| Sleep disorders | Page 32 |
| Extra Diaries | Page 33 |
| Other Resources | Page 40 |

You may wish to read through each section of the booklet a few times. It's important to note that some of the tasks and activities will take time to complete. However the more you practice and reflect on what you do the easier these activities will become.

Introduction

This booklet is designed to give you a greater understanding of sleep problems and how you can overcome your sleep difficulties. Sleep is an integral part of everybody's life. When you sleep, your body and mind are active in their own ways. Your body recovers from any little bits of damage you might have done to yourself during the day.

During the sleeping process, your mind filters out memories and thoughts from the day which you don't really need (who remembers every detail of cooking yesterdays dinner?).

The booklet aims to provide you with some good tips to help overcome your sleep difficulties. We hope this booklet will provide you with the tools you need to give you a better night's sleep.

What other people have said

John (Aged 48)

"I can't remember the last time I had a proper nights sleep. I wake up 3 or 4 times a night and find myself napping the following day."

Anne (Aged 39)

"Ever since I lost my job I've been lying awake most nights worried about what I'm going to do. I've even started napping during the day to catch up on my sleep."

Meg (Aged 30)

"I never feel like I've had a proper nights sleep. I toss and turn all night long, its really frustrating because no matter what I do I just can't get a good nights sleep."

Nazia (50)

"It takes me ages to fall asleep. I just lie in bed and stare at the ceiling until finally I dose off!"

Ahmed (Aged 27)

"I've no problems falling asleep, and generally sleep like a log for about 4 hours but I always wake up 2 or 3 hours before I'm due to get up. I usually just lie there trying to fall back asleep."

How would you describe your sleep problem?

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Understanding sleep

The first step is to understand the function of sleep. Sleep is controlled by two processes. The first is the drive for sleep. The brain is very clever and tries to maintain a balance between being awake and asleep. The longer we are awake the sleepier we become. The more we sleep the less we will need (broadly speaking of course). Our drive for sleep maintains the balance between sleep and being awake.

The second process is the body clock – this controls the time of day when we sleep. We can train our body clock so that we sleep at night and are awake during the day. Just as people who work night shift might train their body clock to sleep during the day and be awake during the night.

These two processes work in partnership with each other to provide an automatic sleeping pattern, but can be upset by our 24 hour lifestyles.

**Dave (Aged 26)
Shift Worker**

“When I work nights, I only sleep a few hours during the day then wake up, I don’t get enough sleep at all and can feel tired on my days off but unable to sleep.”

What happens when we sleep?

Sleep can be divided into two main parts

- Non Rapid Eye Movement Sleep (Non-REM)
- Rapid Eye Movement Sleep (REM)

Non-REM

Non-REM sleep is usually divided into 4 stages

Stage 1. The 'falling off to sleep' stage, moving from wakefulness to a very light sleep, this stage last for 5 – 10 minutes.

Stage 2. This stage lasts about 10 – 15 minutes and is when you begin to fall into a deeper sleep.

Stage 3 and 4. Stage 3 is the process of falling into a deeper sleep and stage 4 is the deepest stage of sleep. This is when our bodies recover from our daily lives and our immune system builds itself. These are the stages where it is most difficult to wake someone up. These stages last around 20 – 40 minutes.

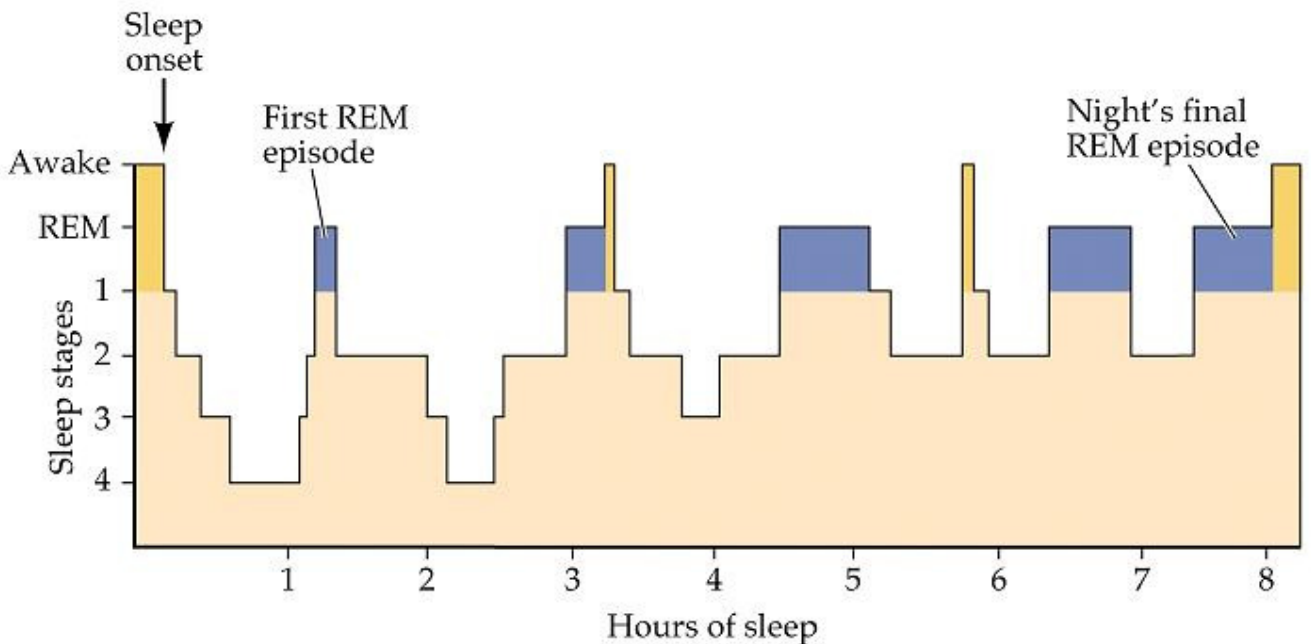
Once stage 4 is reached the cycle reverses back through the stages and into REM sleep. The cycle is repeated throughout the night. As shown in the Sleep Cycle diagram on the next page.

REM

This is the stage of sleep which we associate with dreaming and is usually the time when our eyes move from side to side (hence the name).

This stage of sleep is important as it helps you remember the things which are important and filter out the stuff which has no significance in your life (i.e. the majority of that shopping trip or the journey home from work).

The sleep cycle



It was mentioned in the introduction that we need sleep so our body can recover from day time activities and so our mind can process our memories and thoughts from the previous day. This happens throughout the night in the different stages. When we sleep our muscles become relaxed and we are immobile.

As you can see from the diagram as the sleep continues we spend longer in REM sleep. This is why we are more likely to wake up from dreaming than go straight into a dream

You will notice that we naturally wake up a couple of times in the night. This is normal and we tend to go back to sleep quite quickly. Later in the booklet you will be shown ways to help you get a good nights sleep.

Quick Question

If you are the type of person to wake up 3 or 4 times a night, where in the sleep cycle do you think you would be waking up?

Answer _____
(Correct Answer next page)

The Sleep Cycle changes through our lifetime. A newborn baby can sleep for 18 hours a day (parents of a new born baby may not feel this is true!). Older people may feel lucky to have 6 hours of continuous sleep.

As we become adults, we spend less time in the deeper stages of Non-REM sleep (stages 3 and 4) and we experience more awakenings at night. This is a natural change in our sleeping pattern.

Older people, particular those aged 60 and over, spend less time in deep sleep and tend to wake up more frequently. **This is a natural consequence of age.**

Older adults can also develop habits of nodding off during the day, which in turn, would lower their sleep drive in the night time.

How much sleep do we need?

A common question people have is how much sleep do I need?

The typical answer is 8 Hours, which is **not true.**

Many studies show that the range of sleep needed varies from 4 hours to 12 hours. As we get older we need less sleep. So whilst one person may need to sleep for 8 hours, another person may only need 5 to be able to function through the day.

Answer

Most people wake up from Non-REM sleep. Young adults tend to spend 75% of time in Non-REM sleep. On the graph you can see that REM sleep is close to the level of being awake. However this is slightly misleading and does not mean that you are more likely to wake from this stage. As we get older Non-REM sleep (stages 1 – 4) gets more fragmented – which means we can wake up more often.

Types of sleepers

Some people find that they are more awake in the mornings, whilst others are more awake at night. This is normal, and as can be seen below people can be divided between Larks and Owls.

- **Morning Larks** – These people favour rising early and going to bed early. Common examples would be the bright and chirpy morning people you have probably come across including milkmen and postmen etc.
- **Night Owls** – These people favour rising late and staying up late. Common examples include the ‘morning coffee huggers’, bar/nightclub staff (*and various people who like working nights*)

It is not uncommon for people to have different sleeping patterns as well, some people sleep for longer spells than others. This is fine as long as you are getting the right *amount* of sleep for you.

- **Uniphasic** – People who sleep in one stretch. The vast majority of people would fall into this category
- **Polyphasic** – These people would sleep for shorter spells in more frequent bouts. These shorter but more frequent bouts would add up to the same amount of sleeping time as someone sleeping in one bout.

Why do I have poor sleep?

There are a number of reasons why sleep problems can develop.

Alcohol – Alcohol disrupts the sleep cycle process. Have you ever woken up after a night of drinking alcohol and despite sleeping for 11 hours, still felt tired the next day?

This is because the quality of your sleep will have been poor. Remember, a good night's sleep consists of a series of cycles through the stages. Drinking alcohol will *interrupt* these cycles thus leading to poor quality sleep

Stress – Sleep is affected by how you are feeling. If you have stressful thoughts or worries when you are in bed, you will find it more difficult to fall off to sleep.

Low Mood – It is common for someone with low mood to wake up early in the morning and to find it hard to get back to sleep. This can lead to fatigue and play a role in maintaining low mood.

Pain – Difficulty sleeping can be a common problem for people with a chronic pain condition.

Medication – Medication can also have an impact on sleep, for example, some medications may cause insomnia while others may cause tiredness. If you are unsure or concerned about your medication, discuss this with your GP.

Other reasons why we can have poor sleep include

Illness – Being ill can disrupt your sleeping patterns in a number of ways. Having a high temperature can make it uncomfortable to sleep, or you may sleep more due to feeling ill which can disrupt your body clock.

Life Events – The emotional impact of changes in our lives can have a knock on effect on quality of sleep.

Bereavement - The emotional upset of losing a loved one can affect our sleep, at these times it is worth remembering that being able to talk to others about how we are feeling can help.

Environment – Our environment can affect our sleep – uncomfortable beds, cold or hot rooms, noisy neighbours etc can all keep us awake.

Exercise 1

What reasons do you think have contributed to your poor sleep?

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What are the consequences of poor sleep?

Poor Sleep can cause other problems such as feeling lethargic or having low energy. This can cause you to feel low in motivation or make you feel frustrated. Poor sleep can also maintain stress or low mood and make things you want to do seem harder.

Exercise 2

Has there been any consequences resulting from your sleep problems?

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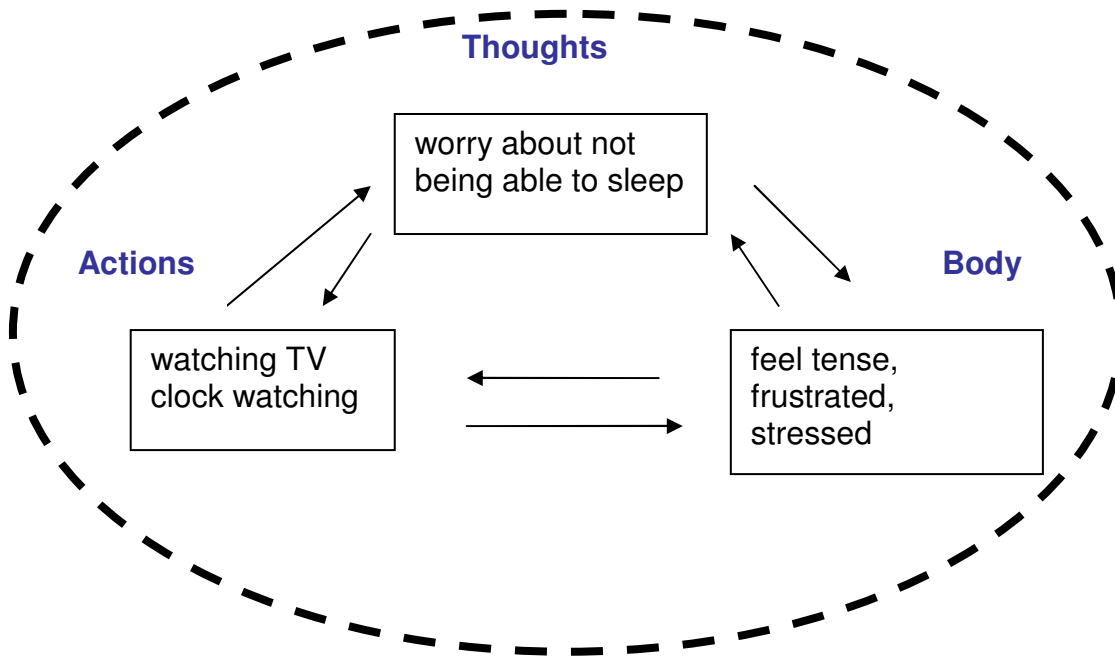
Every sleep problem has a reason and a consequence.

However help is at hand.....

The vicious cycle of sleep problems

So far we have discussed how our actions can affect how we feel and in turn how this affects our sleep. Below is a model of someone with sleep problems.

In this case, the actions (watching the clock and smoking), influences the thoughts and worries, which in turn leads to frustration and tension. The frustration and tension lead on to more worries and actions which keep us awake. What we want to do is break out of this vicious circle.



Exercise 3

What thoughts, actions, body affects do your experience?

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Draw your own Vicious Circle below

Tips for good sleeping habits and to break the vicious circle

These techniques have been shown to be beneficial for the promotion of a good nights sleep.

Techniques can be divided up into 2 sections

1. How your lifestyle affects your sleep
2. How your preparation for bedtime affects your sleep.

How your lifestyle affects your sleep

Coffee / Caffeine – Caffeine is a stimulant which makes you more alert (not what you need if you want to go to sleep). Its best to avoid caffeine within four hours of going to bed.

Brenda (Aged 26)

“I usually drink coffee and have a smoke before going to bed. I usually sleep fine but it takes me quite a while to nod off”

Smoking – Smoking is also a stimulant (even though people smoke to help them relax, it actually stimulates your body), again its best to avoid before going to bed. Actually, smoking causes cancer, it can kill you which is a good reason to stop smoking.

Alcohol – As stated earlier, you maybe able to nod off to sleep after drinking alcohol, but the quality of that sleep will be poor. You may have to wake up to go to the toilet and at the same time you'll be dehydrated which can disrupt your sleep.

Diet – Eating a heavy meal close to bed time will affect your sleep as your body will be digesting your food as you are trying to fall asleep. Similarly eating 'noisy' foods such as spicy foods late at night will disrupt your ability for a good nights sleep.

Exercise – Exercising is not only good for your physical health but also your mental health as well. Exercising during the day or early evening will have a positive effect on your sleep.

On the other hand, exercising close to bed time will result in your body being too warm to sleep. You will also have too much adrenalin to be able to drift off to the land of nod.

John (Aged 35)

“It can take me days to get my sleep back to normal after working nights.”

Shift work – Working in shifts can have an adverse effect on your body clock. Anyone coming off a week of working nights will need to give their body time to adjust to their new ‘awake’ time. This is similar to the effect of jetlag when travelling.

Exercise 4

How does your lifestyle affect your sleep?

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What can you do to change?

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Case Examples

Peter (Aged 32)

“I work nights in the local factory and would drink 4/5 coffees to get me through the night, once I got home it would take me a few hours to get off to sleep. But then I noticed the less coffee I drank at work the quicker I got to sleep when I got home. Now I drink one coffee early in the shift and move onto tea. I’m still as alert as when I was drinking coffee throughout the night”

Donna (Aged 36)

“My doctor told me that exercising was good for my stress but because I usually have to work late in the evening I found it easier to exercise just before bed time. It did make me feel better but the downside was that I would lie awake for an hour after getting into bed. I’ve decided to exercise earlier in the evening whenever I can (which is about 3 times during the week) I feel better and I fall asleep a lot faster than before.”

Your preparation for bed affect your sleep

It maybe an idea to begin to think of ways you can change your preparations for bed when reading through the list

Noise – Is your bedroom too noisy, too quiet? What are you used to? What can help? *Ear plugs, changing the bedroom furniture around.*

Temperature of the room – Is your bedroom too hot, too cold? What temperature are you most comfortable with? 18 degrees is the recommended temperature. *Turn down the thermostat or bedroom radiator*

Temperature of you body – If your core body temperature is too warm, it will be difficult to sleep. For example, after a hot bath, your body temperature rises and needs to get back to 37 degrees. In order for the body to be able to sleep. Take a bath a few hours before bedtime to help you relax.

Air Quality – Is the room too stuffy? You may want to open a window to let the air circulate.

Lighting – Is your bedroom too dark, too light? Again this will be in line with what you are used too. *Try blackout blinds*

Mattress / Pillows – Old pillows and mattresses may be past their best. It is recommended that mattresses should be changed every 10 – 15 years. *Turning them over on a regular basis can also prolong their life*

Exercise 5

What can you do to improve your bedroom environment?

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Bed time routine

Now that we are beginning to get a better understanding of how our lifestyle choices and preparation for bed can influence the quality of our sleep, the next step is to have a look at your bedtime routine.

Exercise 6

What do you do in a typical 2 hour period before bedtime?

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The few hours before bed should be used to prepare yourself for bed. *This doesn't mean making the bed or cleaning out your room.....*

Allow yourself to have some *Wind Down Time*. In order to have a good nights sleep you have to allow your body time to relax in preparation for sleep.

Relaxation techniques

3 ways you can allow your body and mind to relax in preparation for bed:

- Listen to relaxation CD's,
- Listen to relaxing music
- Read a book/magazine/paper

Exercise 7

What can you do to help you relax before bedtime?

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Sleeping tablets are a short term solution; long term use can result in physical (body) and psychological (mind) dependence. Consult your GP if you have concerns regarding sleeping tablets

Monitoring your sleep

In order to provide you with the means to assess the nature and severity of your sleep problems, you need to record your current sleep patterns. Below is a diary to monitor your sleep (more diaries are available at the end of the booklet). It is best to complete the diary over a 2 week period to get an idea of what affects your sleep.

| | | | | | | | |
|---|--|--|--|--|--|--|--|
| Day / date | Monday 24/8/10 | | | | | | |
| Mood level during the day 0 – 10 (10 worst) | 5 | | | | | | |
| Fatigue level during the day 0 – 10 (10 worst) | 7 | | | | | | |
| Naps taken during day – what time? How long for? | 2pm – 30mins | | | | | | |
| Activity during day? 0 – 10 (10 most active) | 3 | | | | | | |
| Caffeine, nicotine, alcohol during day, and during evening? | No alcohol 5 cigarettes 1 at bedtime | | | | | | |
| What did I do just before going to bed? | Watching TV | | | | | | |
| What time I went to bed | 11.30pm | | | | | | |
| What did I do in bed? (Read, TV, sex) | TV | | | | | | |
| What time did I put the lights out? | 12.30am | | | | | | |
| How many minutes before I fell asleep? | > 40mins | | | | | | |
| What time did I wake up? | 5.30am | | | | | | |
| Number of times I woke up? | 3 or 4 | | | | | | |
| Number of hours I slept? | 4 hours | | | | | | |
| On waking up in the morning, how rested do I feel? 0 – 10 (10 most rested) | 3 | | | | | | |

* <http://www.getselfhelp.co.uk/docs/SleepDiary.pdf>

It may be hard to get the diary 100% accurate but that does not matter as long as you can fill it out as best you can.

What have you learnt from keeping the diary?

Now you need to look at the relationships between what you do and your sleep. For example, is there a relationship between day time napping and the amount of night time sleep in a particular day?

Is there a relationship between the amount of coffee/alcohol you drink and the amount of times you have woken up in a particular night?

Does your mood/stress levels affect your sleep?

Does watching TV or going on the internet in your bedroom affect the time it takes to get to sleep?

Anything else....?

Exercise 8

What have you noticed from doing the Sleep Diary?

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Improve your sleep

- Less Napping
- Less time awake in bed
- Less Clock Watching
- Make less effort when trying to sleep

Less napping

After a poor night's sleep, you will probably feel tired the next day and be very tempted to have a lie in or have a nap during the day. However, sleeping longer than usual in the morning or sleeping during the day can have an impact on your sleep at night. This is because you won't have the same level of drive you normally have to sleep and your body clock will not know what time it is!

If you really have to nap during the day, never nap for more than 20 minutes. After 20 minutes you will move into the deeper stages of the sleep cycle – this is what will upset your night time sleep. Also, try not to nap within 6 hours of bedtime as this can affect your drive for sleep.

Less time awake in bed

The less time you spend in bed awake, the more efficient your sleep will be. If you are lying in bed awake and getting frustrated or letting your mind take over, this will stimulate you to the extent where it will be difficult to 'wind down' to sleep again.

If you are not sleeping within 15-20 minutes of going to bed, then get up.

Remember bed should be for sleeping and sex only. You may find yourself getting out of bed on the first night and you'll feel tired the next day but eventually you will reset your body clock and the natural drive for sleep will take over.

Less time clock watching

What do you think about when you look at the clock? *'Why can't I sleep?' 'It's 02:30 in the morning!'* This will lead to feelings of frustration and thus make you feel more awake, making it increasingly difficult to fall sleep. Why not get up and do something which does not stimulate you too much (e.g. read a book or listen to relaxing music). *Remember the 15-20 minute rule and stick to this.*

Make less effort when trying to sleep

This may seem a little strange but scientific research has shown that people who think it's not a problem if they do not get a good nights sleep are more likely to fall asleep.

This is possibly due with them not putting themselves under pressure to sleep. Try it out.....

Exercise 9

What do you think will work for you?

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How will you test this out?

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Dealing with a racing mind

A lot of people feel that their main problem is not being able to relax their mind when they go to bed. As soon as it is time for bed they are not able to switch off mentally. A lot of these thoughts can be negative thoughts and worries which can range from everyday thoughts and worries, e.g. 'what I did today' or 'what do I have to do tomorrow' to more severe worries and issues, e.g. 'how am I going to pay of my debts'.

There are a number of ways in which you can deal with your racing mind. If you do have worries running through your mind at night, then why not deal with them earlier in the day?

'What?' I hear you say.....

Well, yes. Worry-Scheduling is a technique used in Cognitive Behavioural Therapy for people who have worries. It involves putting time aside to work through your worries and problem solve if possible.

Worry-scheduling

This is not a case of blocking out your worries, but merely postponing them to a particular worry time. By learning to postpone your worry, it will be less intrusive in your bed time and you can regain a sense of control.

This strategy takes practice and you will have to repeat it a number of times. Time and patience is required!

Steps to creating a worry period

1. Choose a particular time, place and length of time for worrying and keep it in your schedule (eg. 18:30, living room/garden for 15 or 20 minutes). Make sure the place is free from distractions.

Can you think of a suitable time and place to have your worry period?

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2. When you have a worry, either during the day or the night before, then ask yourself if there is anything you can do about it there and then. If not, write it down on a piece of paper (so you remember it) and remind yourself that you will think about it later.

If it is appropriate and you can deal with it at the time, then do! Remember that there are more things to think about rather than your worries. Try to think about what is happening 'here and now'.



Adapted from Butler & Hope 2007

3. When your worry period comes around then relax and settle down in your planned 'worry' place. Only worry about the things which you have noted down on your paper. Are your worries still relevant? If you do need to worry then take your time and write your thoughts down on paper (it will make it easier for you to problem solve).

Worry scheduling diary

Worry Time

Time

Place

Length of Worry Period

| <u>What is the worry?</u> | <u>Where you able to Postpone your worry?</u> | <u>Did you still have to think about your worry during your worry time?</u> | <u>Did you solve your worry? What techniques have you used?</u> | <u>What have you learnt from postponing your worry?</u> |
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Now you have 2 options you can either problem solve or challenge your worries. These techniques can be used for most types of worry.

Problem solving

Step 1: What is the problem?

Identify and state as clearly as possible what the problem is

“I feel stressed about not being able to pay the next gas and electricity bill”

Step 2:

What do I think will happen if I don't solve this problem?

“I wont be able to cope; the heating will be cut off, my family will get ill”

Step 3: Brainstorm

List all possible solutions, don't worry about how practical the solutions are, be creative and try to come up with as many as possible.

- *Speak to my partner about it*
- *Speak to my family and friends about how I feel and what they can do to help me*
- *Do nothing*
- *Contact Citizens advice for help*
- *Cry*
- *Try some relaxation techniques*

Step 4: Make a list of the advantages and disadvantages for each possible solution

Possible Solution

| Advantage | Disadvantage |
|------------------|---------------------|
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Possible Solution

| Advantage | Disadvantage |
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Possible Solution

| Advantage | Disadvantage |
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Step 5: Decide on a solution

From the brainstorming, and looking at the advantages and disadvantages of each solution. You can decide on the best course of action. Specify who will take action, how and when it will be done.

- *I will speak to my partner about how I feel and what he/she can do to help me. I will do it today.*

Step 6: Put it into action

Do it....

Step 7: Review

Evaluate the solution, Did it work? If not, why not? What have you learnt? What would you do next time?

'I thought that I had to be strong for my family, but they have been really supportive and are helping me cope with the stress. I'll now contact citizens advice for more help'

Problem solving sheet 1

Step 1: What is the problem?

Step 2: What do you think will happen?

Step 3: Brainstorm / come up with ideas

Step 4: Choose the best option

Step 5: Work out a plan

Step 6: Put it into action

Step 7: Review

Challenge your unhelpful thoughts and worries

Key questions we can ask ourselves:

- (1) Is there another way to seeing this?
- (2) Is this an opinion or a fact?
- (3) Am I thinking in an unhelpful way? Am I using unhelpful thinking patterns?
- (4) What is the evidence for and against this thought?
- (5) What would I tell a friend/family member if he or she were in the same situation?
- (6) What are the chances of that happening?
- (7) What is the best thing that could happen?
- (8) What is the worst thing that could happen? Could I live through it?
- (9) What is the most realistic outcome?
- (10) Will this matter in 5 years time?

To challenge your worrying thoughts, you may also find recognising unhelpful thinking styles can be beneficial.

Recognise your most Unhelpful Thoughts

Sometimes we get into unhelpful thinking patterns. These patterns affect our judgment of situations. These kind of thoughts can maintain anxiety and stress and a feeling of dread. Below, some of the common unhelpful patterns are described:

All or nothing thinking

This is where we split things into black and white categories with no shades of grey in-between. For example, *“I either get a good nights sleep or don’t sleep at all”*.

Jumping to conclusions

This is when we guess what people are thinking, with no facts to support our assumption. For example, *“I will not be able to do **anything** tomorrow if I don’t get a good nights sleep”*.

Catastrophising

This occurs when we blow things out of proportion – thinking about the worst case scenario. For example, *“I will get unwell if I am not able to sleep” ‘I will never get a good nights sleep’*

‘Should’ statements

“Shoulds”, “oughts” & “musts” are rigid forms of thinking and can lead to feelings of low mood and anger. For example, *“I should always feel fully refreshed after a nights sleep”*

Blaming

When you hold yourself or others responsible for something that happened that was out of your control. For example, *“It’s my fault that I can’t sleep”*

Overgeneralization

This is when we see a single event as part of a regular pattern. For example, *“I have not slept in months”*.

Mental filter

This refers to not seeing the good things in a situation & dwelling on the bad things. For example, *“I couldn’t sleep well for 3 nights last week”*. What about the other 4 nights?

Labelling

This is when we are very quick to give ourselves or others a negative label. For example, *“He/she is stupid”* or *“I am an insomniac”*

Magnification

This is when we exaggerate the importance of problem. For example, *“I can no longer enjoy life without my normal nights sleep!”*

Emotional reasoning

When we take our emotion as evidence for the truth. For example, *“I feel tired, I must not have slept well last night”*

Exercise 10

Look at the above types of unhelpful thoughts. Which ones do you have when you worry?

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Sleep disorders

- Sleep Apnoea
- Restless legs Syndrome
- Delayed sleep phase disorder

Sleep apnoea is characterised by pauses in breathing or very shallow breathing. Often the person is unaware of it but their partner may report snoring and pauses in breath. They will however report excessive daytime sleepiness and fatigue. There is a strong association with increasing weight and heavy snoring.

Restless legs syndrome is characterised by uncomfortable sensations in the legs (or arms) at night, when at rest, which are relieved by movement. They can disrupt getting to sleep and cause periodic limb movements during sleep. People with RLS often complain of not getting a restful sleep, particularly in the first half of the night. The condition is treatable with medication but can also be associated with iron deficiency.

Delayed sleep phase disorder is a circadian rhythm disorder (*circadian rhythm is just a complicated name for your body clock*). The body clock pushes sleep back until the early hours of the morning and people with this disorder find it very difficult to wake up early in the morning. Left to follow their own schedule they will get a good nights sleep and not complain of excessive daytime sleepiness but unfortunately every day life makes this difficult for them.

For more information or if you feel you need further help please contact your GP as you may need a referral to the Sleep Clinic.

Sleep monitor diary week 2

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|---|--|--|--|--|--|--|
| Day / date | | | | | | |
| Mood level during the day 0 – 10 (10 worst) | | | | | | |
| Fatigue level during the day 0 – 10 (10 worst) | | | | | | |
| Naps taken during day – what time? How long for? | | | | | | |
| Activity during day? 0 – 10 (10 most active) | | | | | | |
| Caffeine, nicotine, alcohol during day, and during evening? | | | | | | |
| What did I do just before going to bed? | | | | | | |
| What time I went to bed | | | | | | |
| What did I do in bed? (Read, TV, sex) | | | | | | |
| What time did I put the lights out? | | | | | | |
| How many minutes before I fell asleep? | | | | | | |
| What time did I wake up? | | | | | | |
| Number of times I woke up? | | | | | | |
| Number of hours I slept? | | | | | | |
| On waking up in the morning, how rested do I feel? 0 – 10 (10 most rested) | | | | | | |

* <http://www.getselfhelp.co.uk/docs/SleepDiary.pdf>

Sleep monitor diary week 3

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| Day / date | | | | | | |
| Mood level during the day 0 – 10 (10 worst) | | | | | | |
| Fatigue level during the day 0 – 10 (10 worst) | | | | | | |
| Naps taken during day – what time? How long for? | | | | | | |
| Activity during day? 0 – 10 (10 most active) | | | | | | |
| Caffeine, nicotine, alcohol during day, and during evening? | | | | | | |
| What did I do just before going to bed? | | | | | | |
| What time I went to bed | | | | | | |
| What did I do in bed? (Read, TV, sex) | | | | | | |
| What time did I put the lights out? | | | | | | |
| How many minutes before I fell asleep? | | | | | | |
| What time did I wake up? | | | | | | |
| Number of times I woke up? | | | | | | |
| Number of hours I slept? | | | | | | |
| On waking up in the morning, how rested do I feel? 0 – 10 (10 most rested) | | | | | | |

* <http://www.getselfhelp.co.uk/docs/SleepDiary.pdf>

Worry scheduling diary

Worry Time

Time

Place

Length of Worry Period

| <u>What is the worry?</u> | <u>Where you able to Postpone your worry?</u> | <u>Did you still have to think about your worry during your worry time?</u> | <u>Did you solve your worry? What techniques have you used?</u> | <u>What have you learnt from postponing your worry?</u> |
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Worry scheduling diary

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Worry scheduling diary

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Worry scheduling diary

Worry Time

Time

Place

Length of Worry Period

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Problem solving sheet 1

Step 1: What is the problem?

Step 2: What do you think will happen?

Step 3: Brainstorm / come up with ideas

Step 4: Choose the best option

Step 5: Work out a plan

Step 6: Put it into action

Step 7: Review

Problem solving sheet 2

Step 1: What is the problem?

Step 2: What do you think will happen?

Step 3: Brainstorm / come up with ideas

Step 4: Choose the best option

Step 5: Work out a plan

Step 6: Put it into action

Step 7: Review

There are a number of good resources available to help you with overcoming your difficulties such as

Overcoming Insomnia and Sleep Problems: A Self-Help Guide Using Cognitive Behavioural Techniques by Colin A. Espie

This is a recommended step by step self help guide to overcoming sleep problems

[For more information you can also log onto](#)

www.newcastlehealthyminds.nhs.uk

This is the Newcastle Primary Care Mental Health Department's own website which has lots of information on stress, low mood, anger and self-confidence issues, as well as information on a number of recommended books in our 'From words to wellbeing' range.

<http://www.sleepcouncil.org.uk/>

For lots of advice and information on overcoming sleep problems

<http://www.cci.health.wa.gov.au/>

Has a number of good **workbooks** on common mental health problems which you can work through at your own pace.

<http://www.getselfhelp.co.uk/>

This website has a vast range of handouts on a wide range of common mental health problems and is very useful.

If you feel that you require further help and support please contact your GP, who can discuss your options for one to one support.

This leaflet is available in large print on request. Finally, if you would like to give us feedback on this booklet or the class you can do so by

Email: ncs-pct.wellbeing@nhs.net

Telephone: **0191 229 2941**