

# Improve Your Sleep with Cognitive Behavioral Therapy



## MODULE 4

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# References

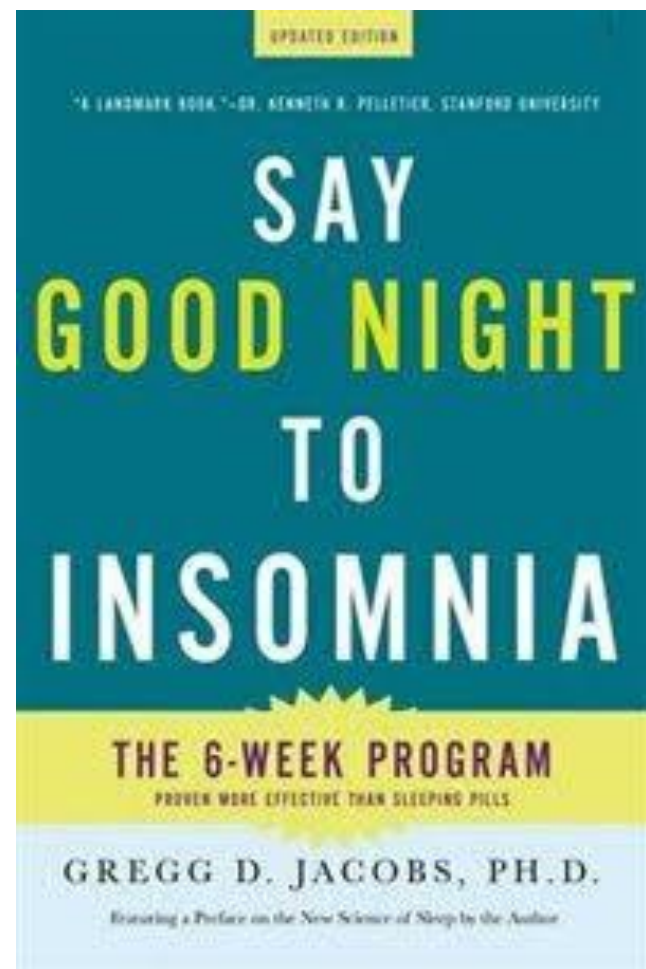
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# DISCLAIMER

- This information is presented for educational purposes only and does not constitute a diagnostic opinion nor does it replace a therapeutic relationship.
- The information presented is empirically validated. Nonetheless, the exactness of every statement cannot be guaranteed.

# Module 4

## **Increasing Daytime Relaxation Response & Attitudes/Beliefs that Counter Stress**



# Module 4

## Concept 1 – The Stress Response

- Fight-flight mode
- Acute vs. chronic stress
- Physical vs. psychological stressors
- Chronic activation
- Stress & health



# Module 4

## The Stress Response & Sleep

- Stress & sleep closely linked
- Activated wake system
- Inhibited sleep system



# Module 4

## Concept 2 – The Relaxation Response

- Integral to insomnia treatment
- Reducing cerebral and physiological activation
- Decreasing stress response



# Module 4

## The Relaxation Response & Sleep

Improving sleep by...

- Reducing daytime stress response
- Reducing pre-sleep cerebral activity
- Relaxing the body





# Module 4

## Concept 3 – Learning Daytime Use of Relaxation Response

- Use audio clip on webpage
- Only in daytime, at first
- Make it a habit
- Repetition leads to habit
- Prioritize yourself



# Module 4

## Learning the Relaxation Response

1. Relax your muscles
2. Breathe deeply with your belly
3. See thoughts go by at a distance
4. Don't force it



# Module 4

## Concept 4 –

## Attitudes and Beliefs to Help Reduce Stress

1. Optimism
2. Expect changes
3. Social support
4. Realistic expectations towards self
5. Empathy and forgiveness
6. Perspective



Thank you for  
watching module 4.  
Sleep well!

