Improve Your Sleep with Cognitive Behavioral Therapy

MODULE 2

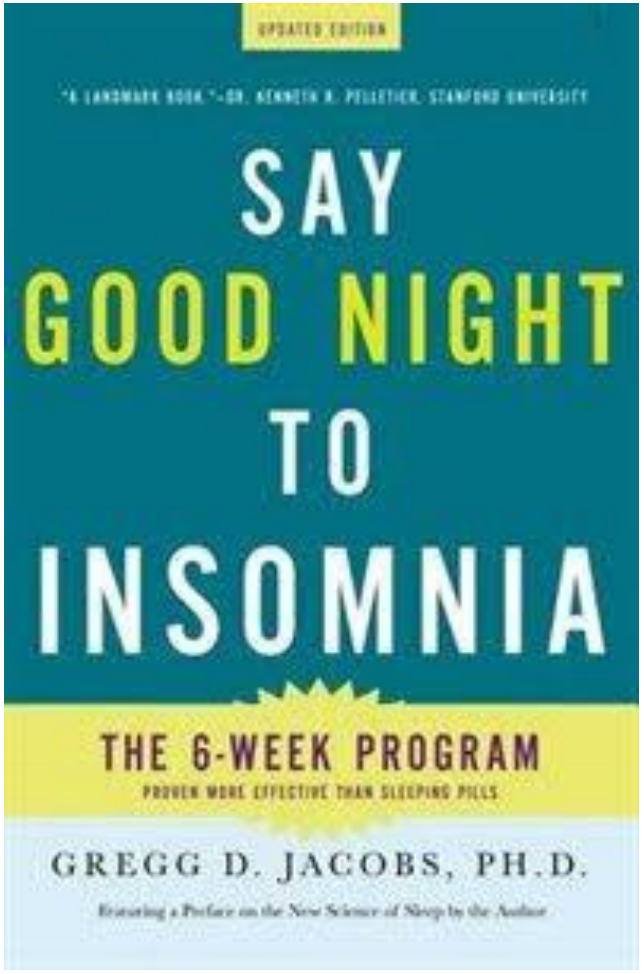
Video modules created and presented by:

Anne Bilodeau, MSW, RSW
Social Worker, Psychotherapist

Vicky Rivard, Ph.D., C. Psych.
Psychologist

Eastern Ottawa Community Family Health Team

References



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 2

Main Concepts

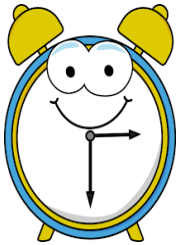
1.Sleep Schedule Modification

2.Stimulus Control

Module 2

Concept no. 1

– Sleep Schedule Modification



- Prior wakefulness
- Sleep efficiency

Module 2

Sleep Schedule Modification:

1st Strategy – Regular Rising Time

- Waking up at the same time
- +/- 30 minutes
- Even on weekends
- Even after a difficult night

Module 2

Sleep Schedule Modification:

2nd Strategy - Reducing Time Allotted for Sleep

- Going to bed later
- Getting up earlier
- Using the sleep journal

Module 2

Sleep Schedule Modification:

Tips for Going to Bed Later

In the evening:

- Bright lights
- Light physical activity

1 hr before going to bed:

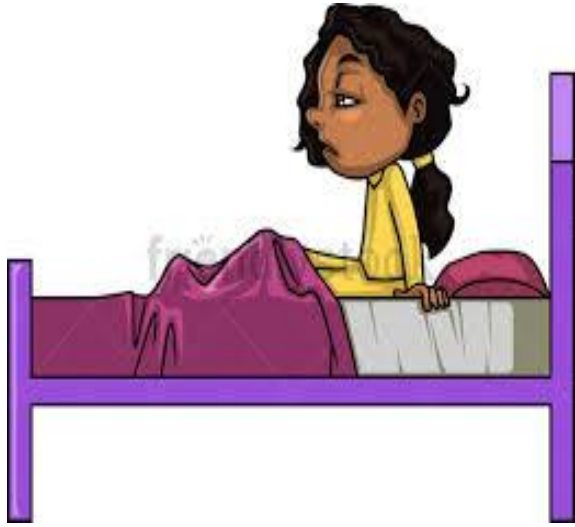
- Turn off screens
- Minimal mental & physical stimulation

Module 2

Sleep Schedule Modification:

Tips for Waking Up Earlier

- Bright lights
- Physical exercise
- Caffeine
- Scheduled positive activity



Module 2

Sleep Schedule Modification:

3rd Strategy
- Going to Bed at the Same Time

Module 2

Sleep Schedule Modification:

4th Strategy – Napping

Can be a good habit if…

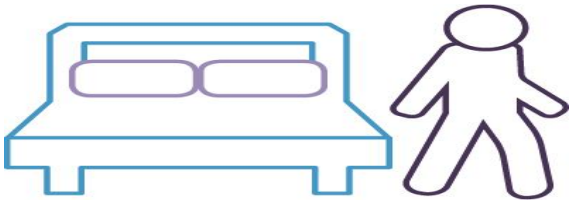
- Before 3:00 p.m.
- Max. 45 minutes

Module 2

Concept no. 2:

- Stimulus Control Strategies

What does ‘stimulus control’ mean?



Module 2

Stimulus Control Strategies:

Behaviors to Avoid

- Watching TV in bed
- Other activities in bed
- Lying in bed awake
- Trying to force sleep

Module 2

The 3 Steps of Stimulus Control

1. Limit activities in bedroom
2. 30-30 rule
3. Drowsiness vs. fatigue

Thank you for watching module 2. Sleep well!