

Improve Your Sleep with Cognitive Behavioral Therapy



MODULE 3

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References

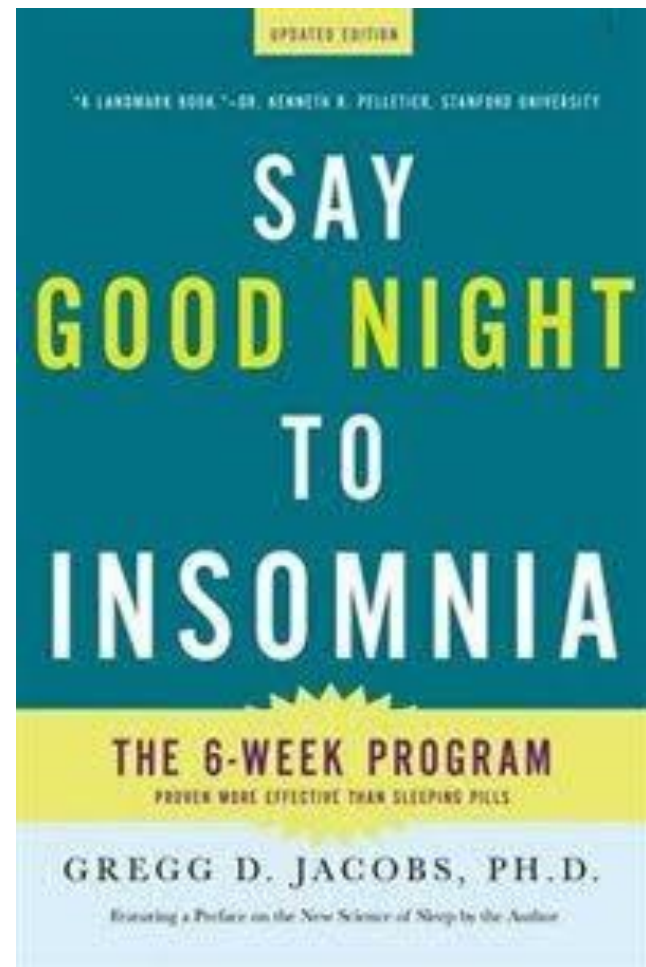
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DISCLAIMER

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



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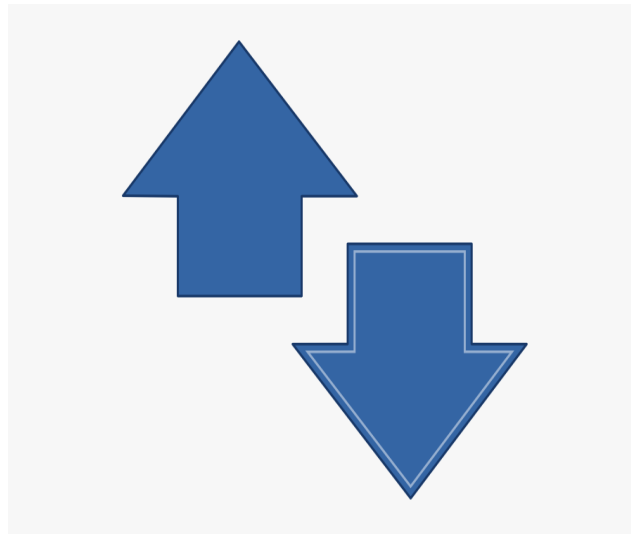
Concepts presented:

1. Impact of thoughts on sleep
2. **Becoming well-informed about sleep**
3. Sleep loss & core sleep
4. **Perceived vs. actual sleep duration**
5. Insomnia & mood
6. Cognitive restructuring
7. Sleeping pills

Module 3

Concept 1 – Cognitive Restructuring

Unhelpful thoughts about sleep



Insomnia

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Recognizing and replacing unhelpful thoughts about sleep



Cognitive restructuring

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Concept 2

– **Becoming well-informed about sleep**



Review:

The 8 Hour Myth



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Concept 2

- **Becoming well-informed about sleep**



Review:

Sleep Loss & Daytime Performance

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Concept 3

- **Sleep loss and core sleep**





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Concept 4

– Perceived vs. actual sleep duration



Reminder:

Overestimation time to fall asleep
Underestimation time asleep



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Concept 5 – Insomnia & Mood

Reminder:

- Irritability
- Impact unhelpful thoughts
- Combinaison lack of sleep & irritability

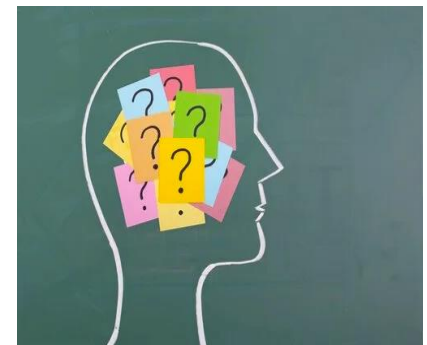


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Concept 6

– Cognitive Restructuring

Changing our thoughts about sleep





Module 3

10 Most Common Unhelpful Sleep Thoughts

1. I will never fall asleep

Constructive thoughts:

- I am more likely to fall asleep as my body temperature falls throughout the night.
- My brain wants to obtain my core sleep.



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10 Most Common Unhelpful Sleep Thoughts

2. I woke up in the middle of the night or early morning and feel wide awake. This means I will not be able to fall back to sleep.

- It's normal to initially feel alert if I awaken at the beginning or end of dream; drowsiness will soon follow.
- If I awaken after about five and a half hours of sleep, I obtained my core sleep. If I do not fall back to sleep, I will be okay.



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10 Most Common Unhelpful Sleep Thoughts

3. I will not be able to function tomorrow.

- In most cases, the worst thing that may happen if I do not sleep well is that I may not be in the best mood during the day.
- My functioning will improve during the day as my body temperature rises.



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10 Most Common Unhelpful Sleep Thoughts

4. I must get eight hours of sleep.

- Sleep requirements vary from person to person.
- Sleeping seven hours per night is associated with the longest life expectancy.



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10 Most Common Unhelpful Sleep Thoughts

5. My insomnia will cause health problems.

- There is no cause-and-effect evidence that insomnia causes any significant health problems.



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10 Most Common Unhelpful Sleep Thoughts

6. I slept very little or not at all last night.

- I am probably getting more sleep than I think I am.



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10 Most Common Unhelpful Sleep Thoughts

7. I can't fall asleep without a sleeping pill.

- As I learn these CBT techniques, I will fall asleep more easily on my own.



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10 Most Common Unhelpful Sleep Thoughts

8. I feel awful today because I did not sleep well.

- My daytime functioning is due in part to my unhelpful sleep thoughts. If I minimize my these thoughts, it will improve my daytime functioning.



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10 Most Common Unhelpful Sleep Thoughts

9. I will never learn to sleep better.

- These techniques work for most people with insomnia, they will work for me.
- My sleep will get better as I learn these CBT techniques.



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10 Most Common Unhelpful Sleep Thoughts

10. **What is wrong with me? I must have a psychological problem.**

- Most cases of insomnia are due to learned thoughts and behaviors, not mental health problems.



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Concept 7 – Sleeping Pills

Speak to your healthcare professional if you'd like to reduce or stop taking them.

- Decrease dose at your own pace
- Gradually, to avoid rebound insomnia



Thank you for
watching module 3.
Sleep well!

