

# Improve Your Sleep with Cognitive Behavioral Therapy



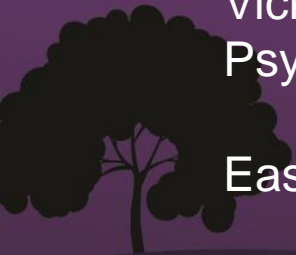
## Module 1

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# References

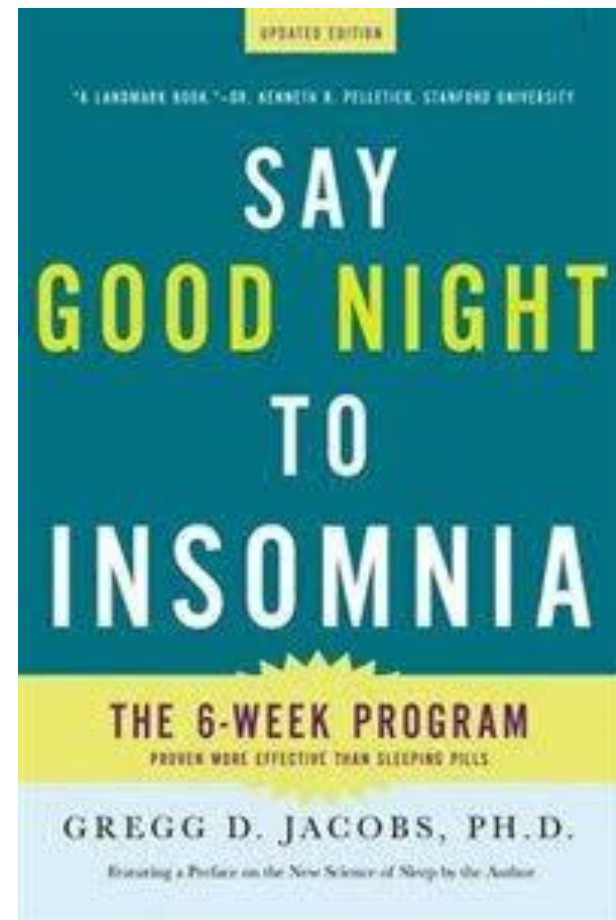


CHARLES M. MORIN

Vaincre  
les ennemis  
du sommeil



RÉVOLUTION DE L'HOMME





# 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 1

## Let's Start by Defining 'Insomnia'

- Problems falling asleep
- Problems staying asleep
- Waking up too early
- Feeling excessively tired in the morning



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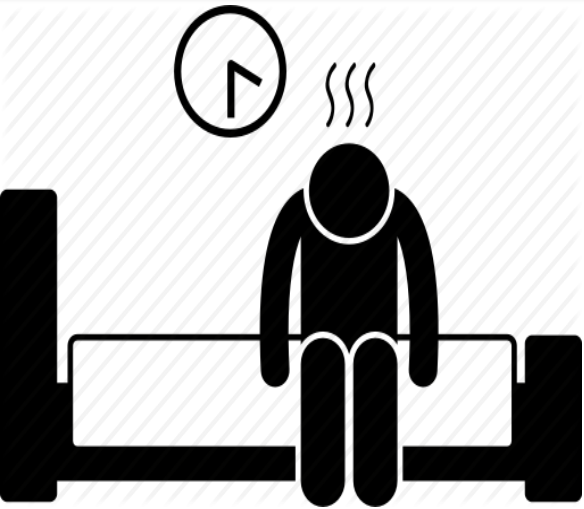
# Different Types of Insomnia



- Onset insomnia: difficulty falling asleep
- Maintenance insomnia: difficulty staying asleep
- Terminal insomnia: early morning awakenings
- Mixed insomnia

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## Chronic or Acute Insomnia?



- Effects of stress on sleep
- Short-term issues
- Long-term issues

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## A Word on Sleeping Pills

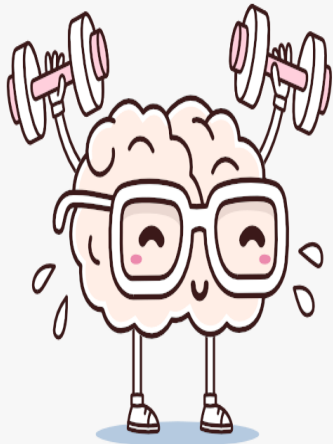
- Moderately effective
- Prolonged use tied to decreased effectiveness
- Risk of dependency
- Underlying causes not addressed
- Rebound insomnia



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## CBT to the Rescue!

Cognitive Behavioral Therapy (CBT) helps to:



- Change unhelpful thoughts
- Modify unhelpful sleep-related behaviors
- Improve our ability to relax



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## 5 Stages of Sleep



1. Falling asleep
2. Light sleep
- 3&4. Deep sleep
5. Dream sleep

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## What's the Point of Sleeping?

### **Deep sleep (stages 3 & 4):**

- Body and brain rest
- Physical and mental energy renewal

### **Dream sleep:**

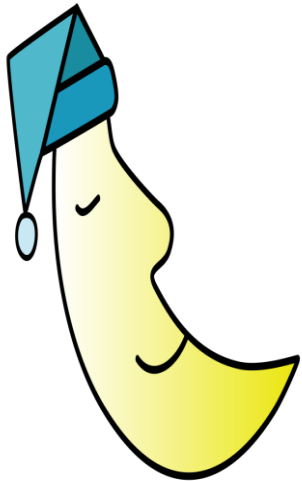
- Learning integration

### **Stage 2:**

- Energy restoration

### **Stage 1:**

- Preparing for deep sleep



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## Sleep and Wake Cycles



### **Wake cycle:**

- Alertness during the day
- Approx. 16 hrs/day

### **Sleep cycle:**

- Promotes sleep
- Approx. 8 hrs/day

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# Biological Clock



- Body temperature fluctuations
- Melatonin secretion

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## Sleeping 8 Hours... A Myth?

**MYTHS**

**FACTS**

- Results of at least 35 studies
- Sleep needs vary
- Lowering expectations

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## Effects of Insomnia



- Immune system
- Body weight

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## Daytime Functioning



- Significant variability
- Role of stress
- Mood
- Motivation and sleep loss
- Core sleep
- Recuperating sleep

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## How Many Hours of Sleep Do I Need?



- Need an alarm clock?
- Falling asleep when doing non-stimulating activities?
- Catching up on the weekends?



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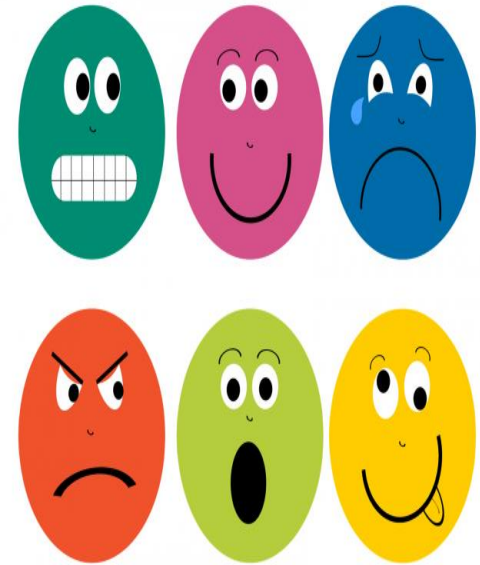
## Perceived Sleep Duration



- Overestimate time to fall asleep
- Underestimate total sleep time

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## Effects of Insomnia on Mood



- Irritability
- Feeling out of sorts
- Fatigued

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## Aging and Sleeping



- Normal changes
- Possible deterioration
- Counteraction

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# Menopause and Sleep



Sleep deterioration in  
61% of women

Thank you for watching  
module 1.  
Sleep well!

