Improve Your Sleep with Cognitive Behavioral Therapy

MODULE 5

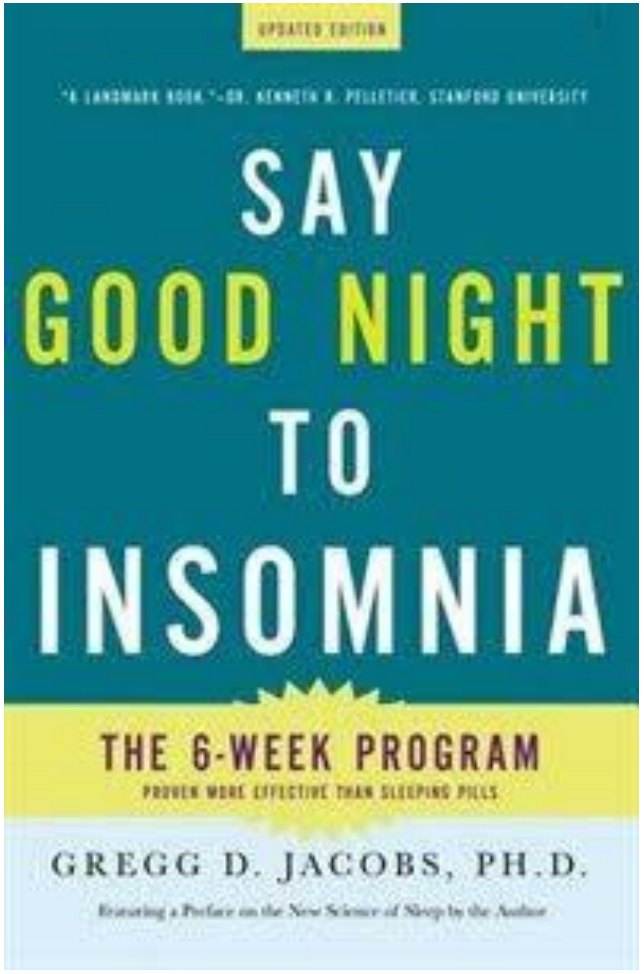
Video modules created and presented by:

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 5

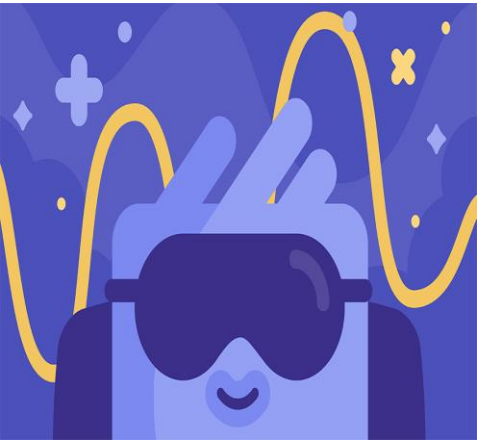
Nighttime Relaxation Response & Sleep Hygiene

Module 5

Concept 1 –

Nighttime Relaxation Response

- Using relaxation response night AND day
- Reprogramming the nervous system



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Concept 2 – Sleep Hygiene

- What does this even mean?

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Sleep Hygiene Techniques: Stimulants

- Impact of caffeine and nicotine

Caffeine:

- Effects can last 12 hours
- Stop caffeine after 10:00 a.m.
- Max 2x 250ml
- If dependent, reduce gradually

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STIMULANT	PORTION	CAFFEINE
Filter coffee	250 ml	108-180 mg
Instant coffee	250 ml	75-106 mg
Cola	250 ml	36-50 mg
Red Bull	250 ml	80 mg
Black tea	250 ml	30-50 mg
Green tea	250 ml	36-98 mg
Dark chocolate	100 g	60-80 mg

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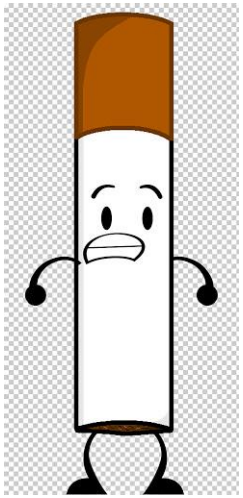
Sleep Hygiene Techniques: Stimulants

- Impact of caffeine and nicotine



Nicotine:

- Similar effects to caffeine
- Withdrawal at night
- Airway irritation

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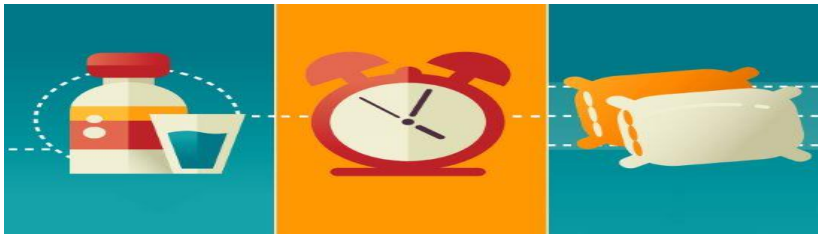
Sleep Hygiene Techniques:

Medications that Can Impact Sleep

- Talk to your prescriber or pharmacist
- Ask which medications are stimulating



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Sleep Hygiene Techniques: Effects of Alcohol

- Reduces deep and dream sleep stages
- Worsens sleep apnea and snoring
- Limit amount and time of drinks
- Be extra cautious about sleep meds & alcohol

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Sleep Hygiene Techniques: Food

HELPFUL	NOT HELPFUL
Complex carbohydrate snack	High protein snack
	Simple carbohydrate
	Hard to digest meal
	Late supper
	MSG

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Sleep Hygiene Techniques: Light

- Bright light decreases melatonin
- Light and body temperature
- Timing sun exposure
- Turn off screens 1hr before bed
- Dark bedroom

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Sleep Hygiene Techniques:

Light Therapy

- Seasonal Affective Disorder
- Light box: 10 000 lux

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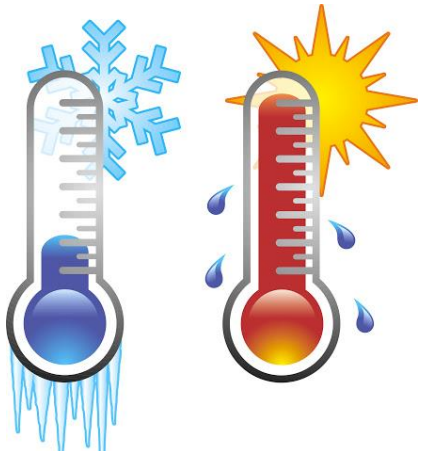
Sleep Hygiene Techniques:

temperature

- Bedroom: 15-19 degrees Celsius
- Warm bath 1-2 hrs before bedtime



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Sleep Hygiene Techniques:

Noise & Beds

- Ear plugs
- White noise machine
- Change mattress after 8 years

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Sleep Hygiene Techniques: Exercise

- Exercise is a sleep aid
- Body temperature variability
- 5 x 30 minutes vigorous activity/week

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Relapse Prevention

- Give yourself time
- Turn concepts into habits
- Don’t panic in a relapse
- Review constructive thoughts about sleep
- Manage your stress
- Readjust time allotted to sleep, as needed

Thank you for watching
all our modules.
Sleep well!