

CBT-I Sleep Training

Recover The Healthy Natural Sleep You Need
for Living Your Best Life.



THIS PAGE INTENTIONALLY LEFT BLANK

Personal Sleep Transformation Plan

- Rapid Relief:
 - “Shrink It” Schedule - Bed Time: Rise Time:
 - Escape. Hang Out. Try Again.
 - Smart Naps
- Secrets of the Teflon Mind
- Enhanced Recovery Demand
- Ridiculous Art of Doing Nothing
- Healthy Sleep Habits
- Medication Escape Plan

THIS PAGE INTENTIONALLY LEFT BLANK

Sleep Diary Instructions

General Instructions

What is a Sleep Diary? A sleep diary is designed to gather information about your daily sleep pattern.

How often and when do I fill out the sleep diary? It is necessary for you to complete your sleep diary every day. If possible, the sleep diary should be completed within one hour of getting out of bed in the morning.

What should I do if I miss a day? If you forget to fill in the diary or are unable to finish it, leave the diary blank for that day.

What if something unusual affects my sleep or how I feel in the daytime? If your sleep or daytime functioning is affected by some unusual event (such as an illness, or an emergency) you may make brief notes on your diary.

What do the words “bed” and “day” mean on the diary? This diary can be used for people who are awake or asleep at unusual times. In the sleep diary, the word “day” is the time when you choose or are required to be awake. The term “bed” means the place where you usually sleep.

Will answering these questions about my sleep keep me awake? This is not usually a problem. You should not worry about giving exact times, and you should not watch the clock. Just give your best estimate.

Item Instructions

Use the guide below to clarify what is being asked for each item of the Sleep Diary.

Date: Write the date of the morning you are filling out the diary.

- 1. What time did you get into bed?** Write the time that you got into bed. This may not be the time that you began “trying” to fall asleep.
- 2. What time did you try to go to sleep?** Record the time that you began “trying” to fall asleep.
- 3. How long did it take you to fall asleep?** Beginning at the time you wrote in question 2, how long did it take you to fall asleep.
- 4. How many times did you wake up, not counting your final awakening?** How many times did you wake up between the time you first fell asleep and your final awakening?
- 5. In total, how long did these awakenings last?** What was the total time you were awake between the time you first fell asleep and your final awakening. For example, if you woke 3 times for 20 minutes, 35 minutes, and 15 minutes, add them all up ($20+35+15= 70$ min or 1 hr and 10 min).
- 6. What time was your final awakening?** Record the last time you woke up in the morning.
- 7. What time did you get out of bed for the day?** What time did you get out of bed with no further attempt at sleeping? This may be different from your final awakening time (e.g. you may have woken up at 6:35 a.m. but did not get out of bed to start your day until 8:20 a.m.)
- 8. How would you rate the quality of your sleep?** “Sleep Quality” is your sense of whether your sleep was good or poor.
- 9. Comments** If you have anything that you would like to say that is relevant to your sleep feel free to write it here.

Consensus Sleep Diary (Core Items Only)

ID/Name: _____

Sample

Today's date	4/5/08							
1. What time did you get into bed?	10:15 p.m.							
2. What time did you try to go to sleep?	11:30 p.m.							
3. How long did it take you to fall asleep?	1 hour 15 min.							
4. How many times did you wake up, not counting your final awakening?	3 times							
5. In total, how long did these awakenings last?	1 hour 10 min.							
6. What time was your final awakening?	6:35 a.m.							
7. What time did you get out of bed for the day?	7:20 a.m.							
8. How would you rate the quality of your sleep?	<input type="checkbox"/> Very poor <input checked="" type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good
9. Comments (if applicable)	Sleep Medication I have a cold Naps							

Consensus Sleep Diary (Core Items Only)

ID/Name: _____

Sample

Today's date	4/5/08							
1. What time did you get into bed?	10:15 p.m.							
2. What time did you try to go to sleep?	11:30 p.m.							
3. How long did it take you to fall asleep?	1 hour 15 min.							
4. How many times did you wake up, not counting your final awakening?	3 times							
5. In total, how long did these awakenings last?	1 hour 10 min.							
6. What time was your final awakening?	6:35 a.m.							
7. What time did you get out of bed for the day?	7:20 a.m.							
8. How would you rate the quality of your sleep?	<input type="checkbox"/> Very poor <input checked="" type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good
9. Comments (if applicable)	Sleep Medication I have a cold Naps							

THIS PAGE INTENTIONALLY LEFT BLANK



1155 Kelly Johnson Blvd., Suite 111
Colorado Springs CO 80920
Phone: 719-373-0051
Fax: 719-373-0052
www.insomniaclinic.org

Cost of Insomnia Checklist

In addition to its financial burden, poor sleep affects health, work, family, and social life in many ways. This checklist will help identify the full cost poor sleep is having for you personally. Please check the boxes for ALL that apply.

Financial Costs:

Lost work time:	\$ _____	Devices:	\$ _____
Lost work productivity:	\$ _____	Healthcare Copays:	\$ _____
Supplements:	\$ _____	Healthcare Procedures:	\$ _____
Medications:	\$ _____	Total:	\$ _____

Cost to Your Health:

- | | |
|---|---|
| <input type="checkbox"/> Sleep problem is making me sick | <input type="checkbox"/> Risk of falls |
| <input type="checkbox"/> Sleep is exacerbating illness | <input type="checkbox"/> Risk of medical problems |
| <input type="checkbox"/> Worried about risk of dementia | <input type="checkbox"/> Too tired to exercise |
| <input type="checkbox"/> News and or doctors tell me Insomnia is bad for me | <input type="checkbox"/> Stressed without good reason |
| <input type="checkbox"/> "Trapped" by medications | <input type="checkbox"/> Stay beautiful |
| <input type="checkbox"/> Weight Gain | <input type="checkbox"/> Aging - stresses and complications |

Family Cost:

- | | |
|--|--|
| <input type="checkbox"/> Not being the spouse I should be | <input type="checkbox"/> Seen by friends and family as Unreliable or "flaky" |
| <input type="checkbox"/> Not being the parent I should be | <input type="checkbox"/> Judged as lazy |
| <input type="checkbox"/> Can't care for grandchildren | <input type="checkbox"/> Irritability and unkindness |
| <input type="checkbox"/> Can't care for my home the way I should. | <input type="checkbox"/> Unable to babysit due to fatigue |
| <input type="checkbox"/> Reconnect/grow closer with spouse (Unspoken?) | |

Cognitive Cost:

- Memory and attention problems
- Make wise decisions
- Worried I won't be able to remain independent
- Use financial resources wisely
- Avoid becoming a victim of fraud
- Avoid driving/Unable to drive

Mental and Emotional Cost:

- Can't enjoy retirement
- Unable to enjoy all they worked so Hard for
- Unable to enjoy the wonderful life I have
- Don't feel rested and energetic
- Can't maintain my energy level
- Unable to feel grateful, content, and at peace
- Feel like a burden on friends and Family
- Unmotivated or uninterested
- Daytime Sleepiness and fatigue
- Daytime discomfort after a bad Night
- Feel helpless and out of control
- Feel helpless, hopeless, and alone in solving problem of insomnia
- Worried because medications and other sleep solutions have not worked for me.
- Devices don't work (FitBit, Alpha Stim, Sleep Shepherd, etc.)
- Pills or supplements don't work
- Feel misunderstood by friends and Family
- Overreacting to stress
- Worry about daytime function
- Worry about sleep
- Discomfort of sleeplessness

Work Cost:

- Give back to community
- Volunteer
- Judged as lazy
- Can't travel
- Unmotivated or uninterested

Social and Recreational Cost:

- Disconnected from friends
- Don't know if will feel well enough to participate in social activities
- Seen by friends and family as Unreliable or "flaky"
- Judged as lazy
- Can't travel
- Irritability and unkindness
- Social isolation
- Feel misunderstood by friends and Family

Dysfunctional Beliefs About Sleep Scale

Please indicate to what extent you personally agree or disagree with each statement by circling a number that indicates where your personal rating falls.

1. I need 8 hours of sleep to feel refreshed and function well during the day.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

2. When I don't get the proper amount of sleep on a given night, I need to catch up on the next day by napping or on the next night by sleeping longer.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

3. I am concerned that chronic insomnia may have serious consequences on my physical health.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

4. I am worried that I may lose control over my ability to sleep.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

5. After a poor nights sleep, I know that it will interfere with my daily activities on the next day.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

6. In order to be alert and function well during the day, I am better off taking a sleeping pill rather than having a poor night's sleep.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

7. When I feel irritated, depressed, or anxious during the day, it is mostly because I did not sleep well the night before.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

8. When I sleep poorly on one night, I know it will disturb my sleep schedule for the whole week.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

9. Without an adequate night's sleep, I can hardly function the next day.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

10. I can't ever predict whether I'll have a good night's sleep.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

11. I have little ability to manage the negative consequences of disturbed sleep.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

12. When I feel tired, have no energy, or just seem not to function well during the day, it is generally because I did not sleep well the night before.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

13. I believe insomnia is essentially the result of a chemical imbalance.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

14. I feel insomnia is ruining my ability to enjoy life and prevents me from doing what I want.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

15. A "nightcap" before bedtime is a good solution to sleeplessness.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

16. It usually shows in my physical appearance when I haven't slept well.

Strongly Disagree 1 2 3 4 5 6 7 8 9 10 Strongly Agree

THIS PAGE INTENTIONALLY LEFT BLANK



Robert N. Glidewell,
PsyD, CBSM

Ex-Insomniac

Founder and Clinical Director

Licensed Psychologist

Behavioral Sleep Specialist

Scientist-Practitioner

Author

3



Michele Okun, PhD

Director,
Education and Training

Sleep & Health Scientist

Lecturer

Author

4

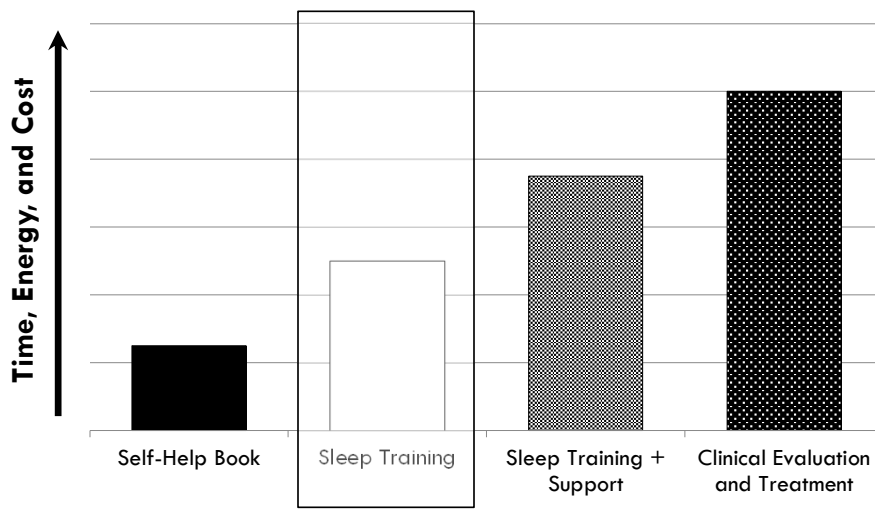
Everything we do revolves around these two exclusive processes:

*Guided Sleep Discovery™

*Sleep Transformation Training™

5

Sleep Transformation Training: A Stepped Care Approach



6

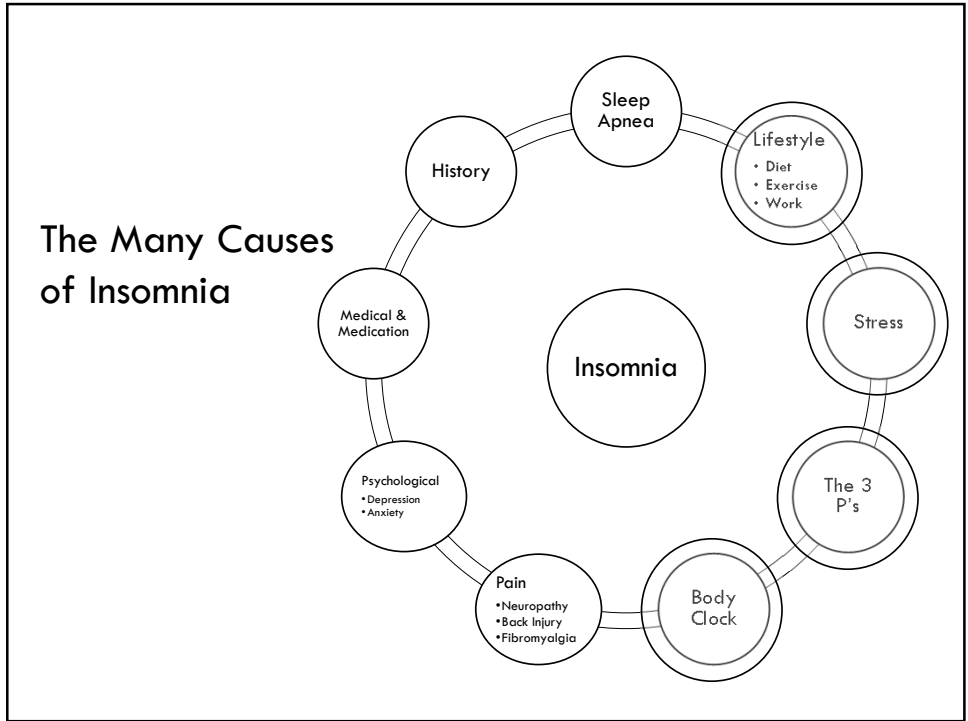
What You're Going to Learn

- * Understanding Sleep Problems
- * Personal Sleep Story
- * Rapid Relief
- * Secrets of the Teflon Mind
- * Enhanced Recovery Demand
- * Ridiculous Art of Doing Nothing
- * Healthy Sleep Habits
- * Sleep Medication Escape Plan
- * Personal Sleep Transformation Plan

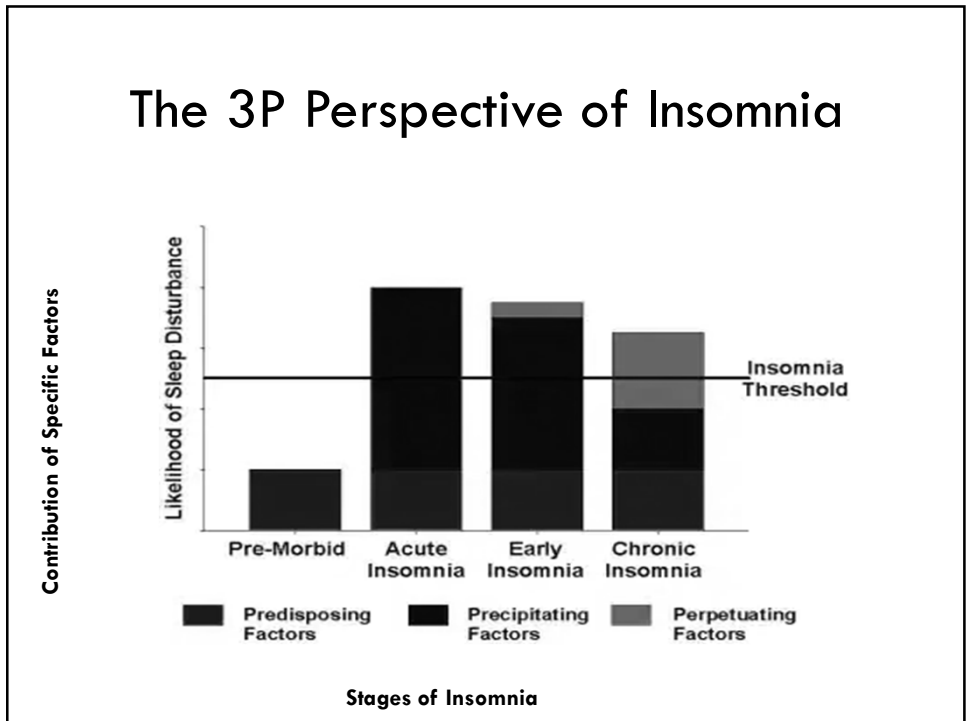
7

Where did your sleep problem come from?

9



10



11

What's your sleep story?

**Complete the Cost of
Insomnia Checklist**

12

How does poor sleep affect your life
during the day?

Family. Health. Fun. Work.

13

When I'm sleeping great I am...

When I wake up
well rested every day I will...

14

Power up your sleep system, retrain your brain,
and take control of your sleep problem fast.

Rapid Relief

15

Sleep Power

- Sleepiness and “Sleep Power” increase as adenosine builds up while awake
- “Sleep Power” allows the brain to switch into “sleep mode”
- “Sleep Power” allows the brain to give you deeper more continuous sleep



16

Trying to catch up...more time in bed

- * Common reactions to insomnia:
 - * Going to bed earlier
 - * Staying in bed later
 - * Long naps (more than 30 minutes)
- * Consequences:
 - * Lighter more broken sleep
 - * Increased worry, frustration, etc...in bed
 - * Feelings of helplessness

17



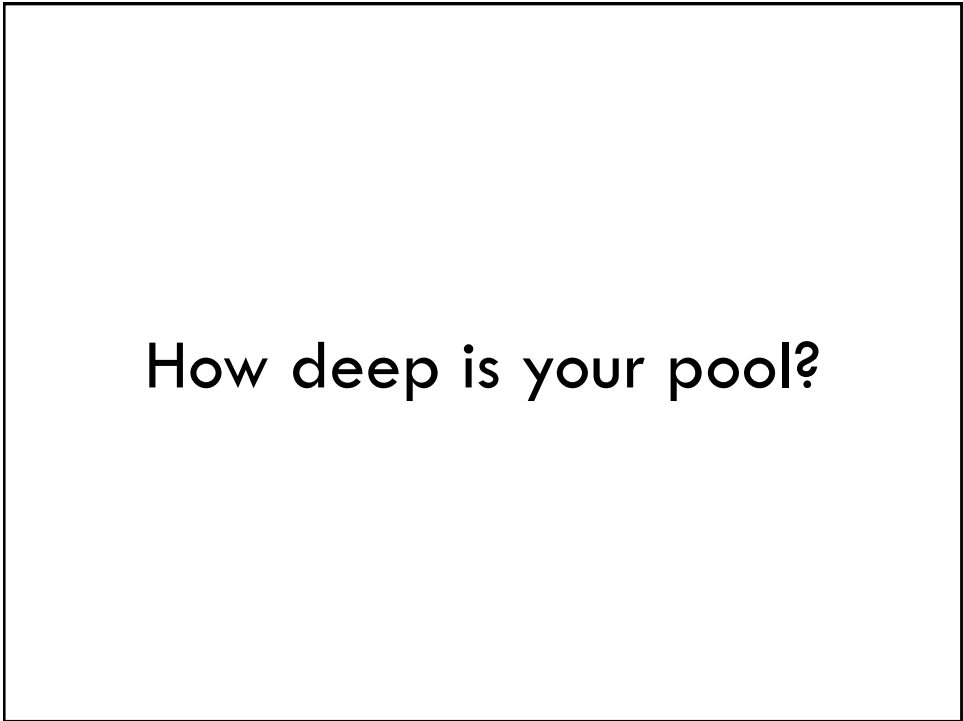
18

Rapid Relief Strategy #1

The best way to boost the power of
your natural sleep system is to...

“Shrink It”

19



How deep is your pool?

20

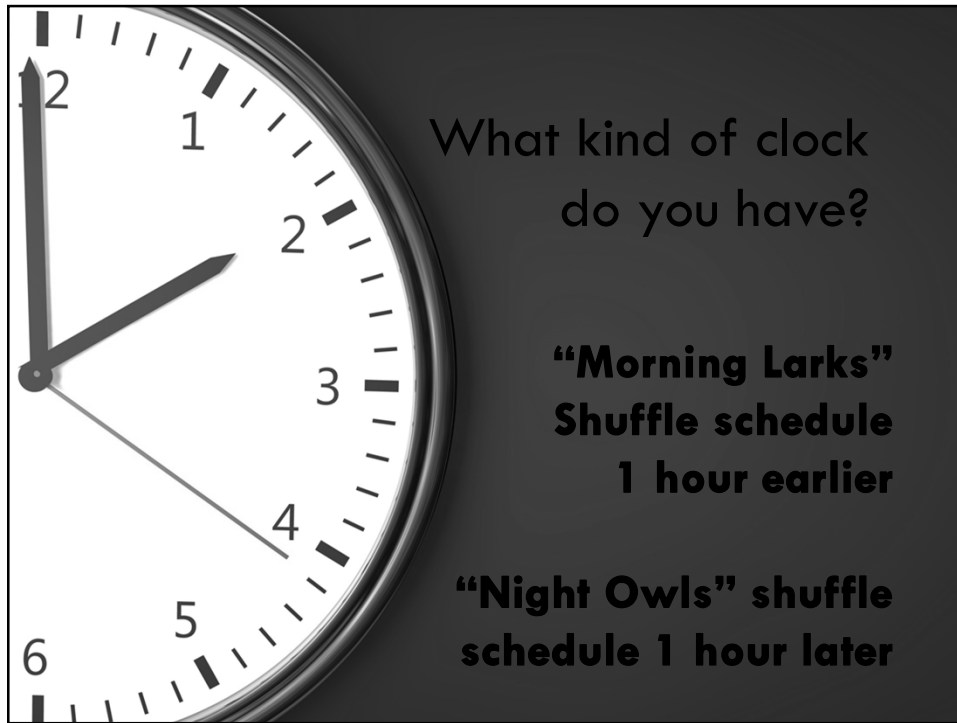
Shrink It!

* Estimate Your Total Sleep Time:	5.5 hours
* Choose Your Time-In-Bed:	
* Total Sleep Time + 30 min.	6 hours
* Choose Your Out-Of Bed Time:	7:00 AM
* Calculate Bed Time:	
* 7:00 AM minus 6 hours =	1:00 AM

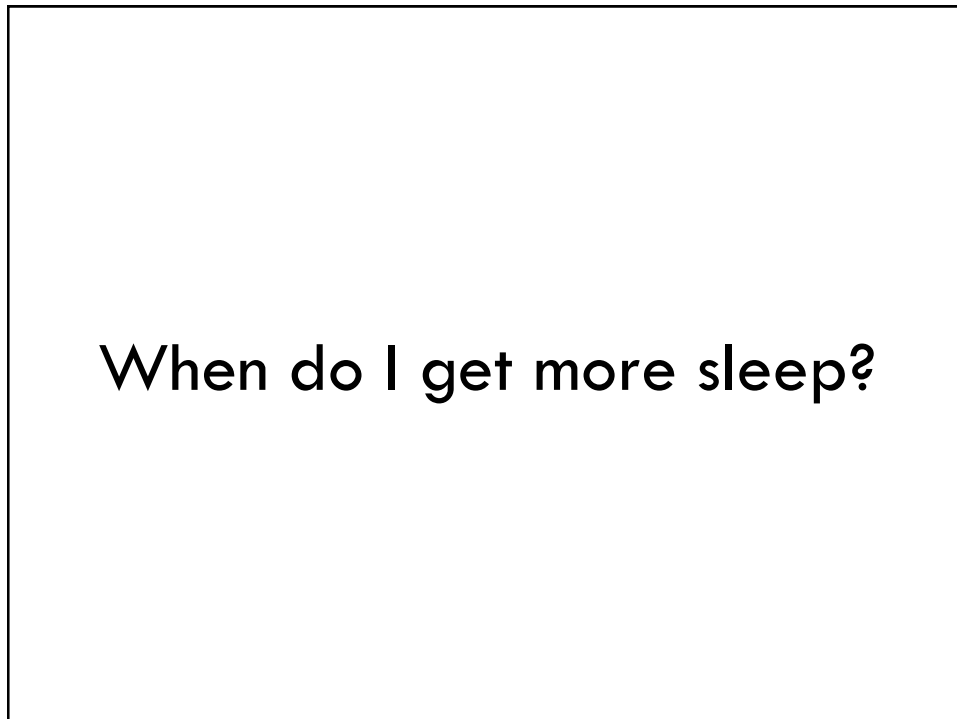
14-Day Sleep Schedule:

Bed Time: 1:00 AM	Out-Of-Bed Time: 7:00 AM
-------------------	--------------------------

21



22



23

You get more sleep when...

- * Sleep Efficiency is at least 85%
- * Sleep Efficiency:
 - * Total amount you slept / Total time in bed
 - * If you sleep for 5 hours and you were in bed for a total of 6 hours your sleep efficiency would be...

83%

- * You would need to sleep an average of 5 ¼ hours per night for 7 nights before increasing the time in bed.

24

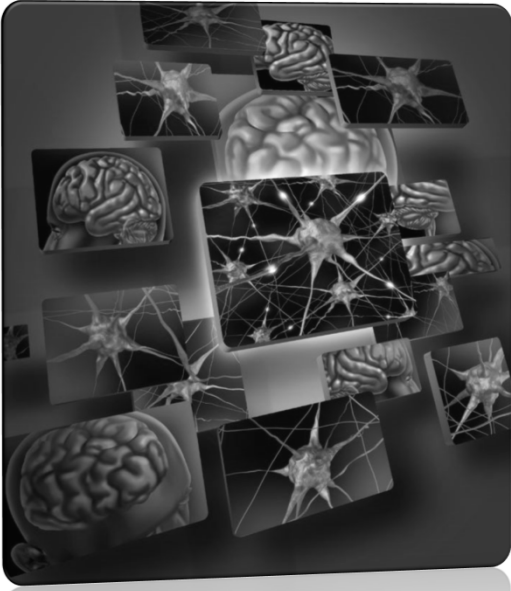
Use a Sleep Diary

Consensus Sleep Diary (Core Items Only) ID/Name: _____

Sample

Today's date	Sample							
1. What time did you get into bed?	10:15 p.m.							
2. What time did you try to go to sleep?	11:30 p.m.							
3. How long did it take you to fall asleep?	1 hour 15 min.							
4. How many times did you wake up, not counting your final awakening?	3 times							
5. In total, how long did these awakenings last?	1 hour 10 min.							
6. What time was your final awakening?	6:35 a.m.							
7. What time did you get out of bed for the day?	7:20 a.m.							
8. How would you rate the quality of your sleep?	<input type="radio"/> Very poor <input checked="" type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good	<input type="radio"/> Very poor <input type="radio"/> Poor <input type="radio"/> Fair <input type="radio"/> Good <input type="radio"/> Very good
9. Comments (if applicable)	I have a cold							

25




Rapid Relief
Strategy #2

Sleep
Programming

26

Power of Programming



27

Insomnia Programming 101

**The bed and bedroom is for
sleep only.**

28

Even sex is questionable...

©2013 www.sleepivework.com ©2013 www.insomniacolorado.com

...Just kidding.

29

This means no...

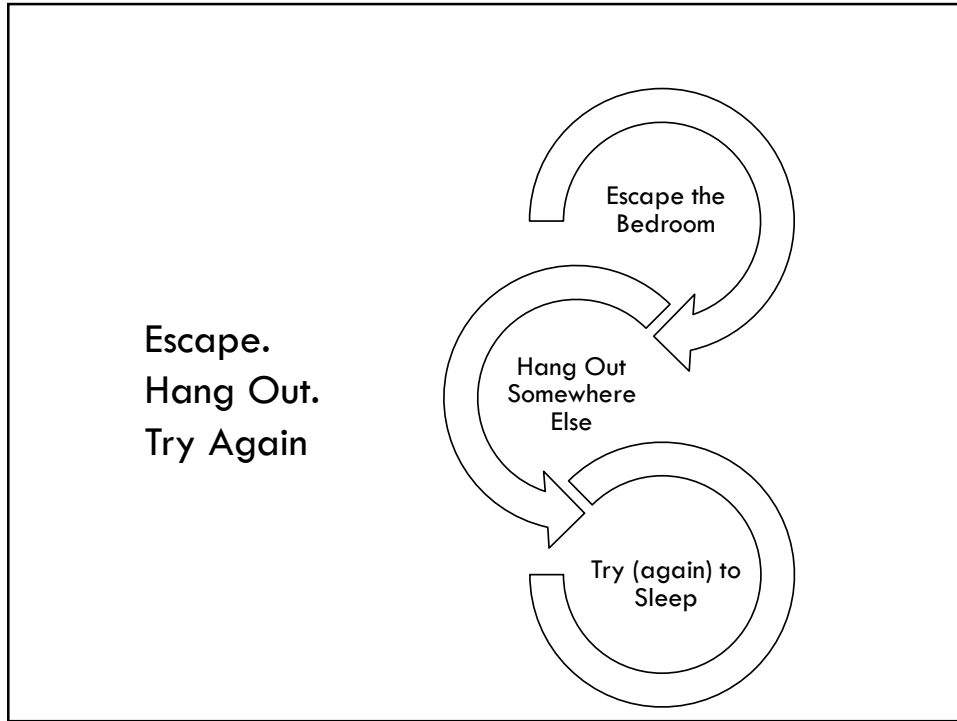
Read	Audio books
Watch TV	Jump on the bed
Text	Swing from the ceiling fan
Talk on the phone	Video games
Facebook	Taxes
Twitter	Work
Surf the web	

30

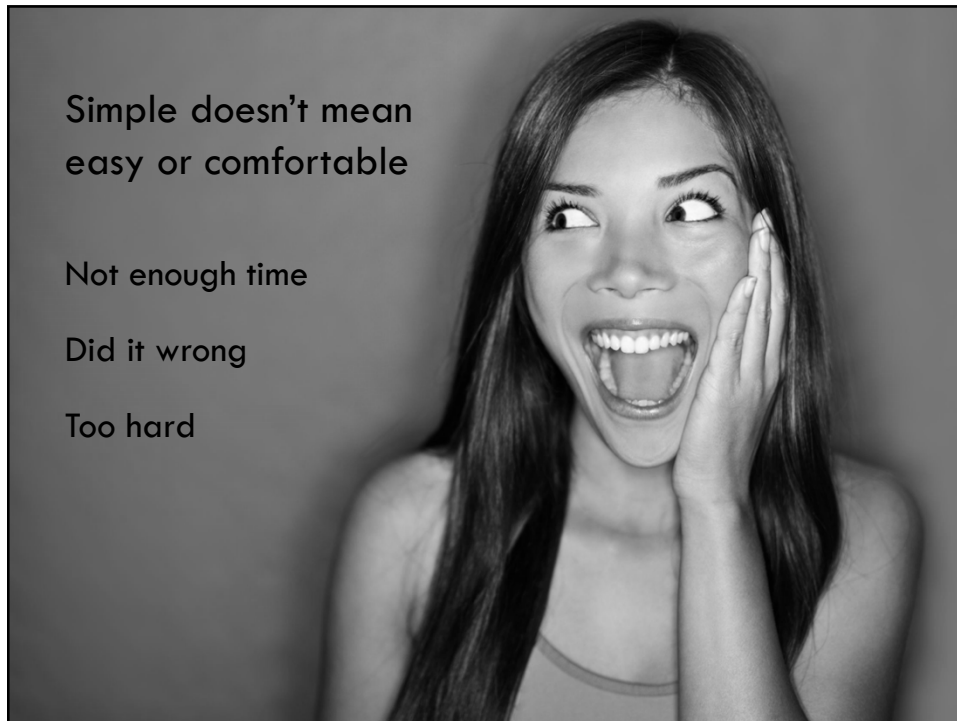
Insomnia Programming 102

If you can't sleep, get out.


33



34



35




Every minute you lie awake in bed your brain is learning NOT to sleep.

Escape - Get out of bed and go to another room!

- * If not asleep within 15-20 minutes
- * If you're awake enough to be thinking:
 - "How long has it been?"
 - "Should I get out of bed?"

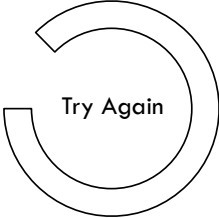
36

Hang out for 15-20 minutes or until you get sleepy



- * Just keep yourself occupied if you have to be out of bed
 - * No Computer, phone, or tablet use
 - * Don't do anything aimed at making yourself tired
 - * Don't do anything activating or that might keep you awake

37



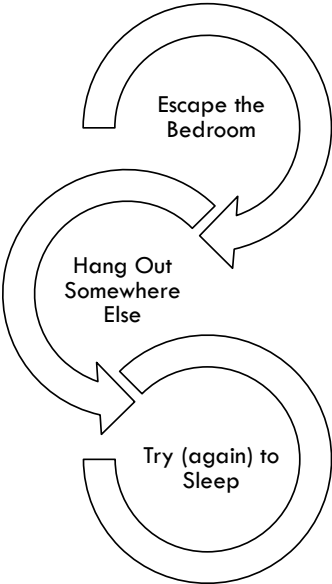
Return to bed when sleepy
or ready to try again

- Don't fall asleep outside the bedroom
- Try to sleep...but not too hard.
- Sleep is a letting go, a giving up of control.

38

Repeat. Repeat. Repeat.

- You are truly reprogramming your brain.
- Every time you get into bed, it is a chance for your brain to let go and fall asleep FAST!
- "I don't like it...but it works!"



39

Programmed for Sleep

Bed is for Sleep
Only

Escape. Hang
Out. Try Again.



40

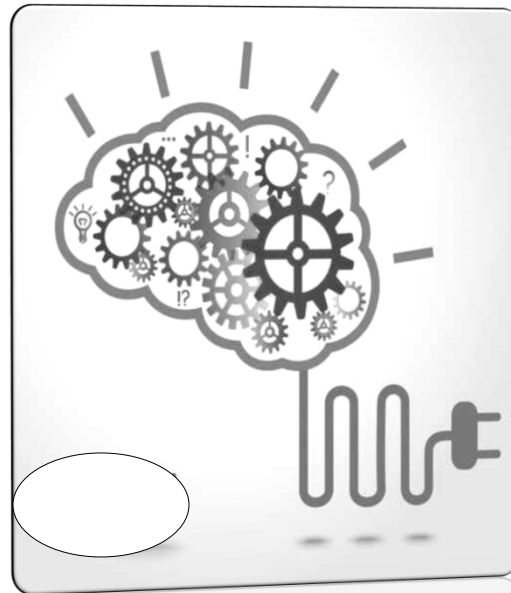
But why?!

- * Every minute you LIE AWAKE in BED is a minute your brain LEARNS to BE AWAKE in BED.
- * Every minute you spend doing _____ in bed is a minute your brain learns to _____ in bed.
- * When it comes time to sleep, YOU may want to sleep but your BRAIN might think, "Hmm...I COULD sleep but maybe I'd rather _____."

41

**Rapid Relief
Strategy #3**

**Another
Power Boost**



42

**To Nap or Not to Nap...
that is the question.**



**I love napping but...
it can be a blessing or a curse.**

43



**Save sleep power...
avoid naps.**


- * Napping takes away from sleep power at bed time
- * Do something active when you feel the urge to nap

44

Sooner or later everybody needs a nap.

SMART Nap Rules

- Limit to 30 minutes or less
- Only in bed or safe place
- No napping or dozing within 6 hours of bedtime



45

Caution

- * May get less sleep initially and cause increased daytime sleepiness, fatigue, and irritability
 - * Be particularly cautious if you do work that requires you to maintain optimal alertness and attention
 - * Some people are quite sensitive to these daytime symptoms and may not be able to tolerate making these kinds of changes to their sleep
- May need to modify the “Try, Escape, Hang Out” instructions
 - Physical limitations or at risk for slips and falls



46

How to handle the dirty little thoughts and beliefs
that are destroying your sleep.

Secrets of the Teflon Mind

47

Identify. Challenge. Rethink.

**Complete the Dysfunctional Beliefs and
Attitudes About Sleep Questionnaire**

48

Do you expect...
supernatural sleep?

49

What do you believe...
causes of poor sleep?

50

What do you believe about...
the consequences of poor sleep?

51

What do you believe...
fixes poor sleep?

52

What do you think about...
when you'd rather be sleeping?

53



54

Identify. Challenge. Rethink.

- * What evidence supports this thought?
- * What is the evidence against this thought?
- * Is there an alternative explanation?
- * What is the worst that could happen? Could I live through it?
- * What is the best that could happen?
- * What is the most realistic outcome?
- * What would I tell a friend if they were in this situation?
- * How would someone else interpret the same situation?

55

Identify. Challenge. Rethink.

What are the alternative (more true or helpful) thoughts and beliefs?

56

Beautiful Bedtime Thoughts

Relaxation Training

Mindfulness Meditation

Bedtime Gratitude Meditation

57

Meditation and Relaxation Recordings Available in the Online Education Center



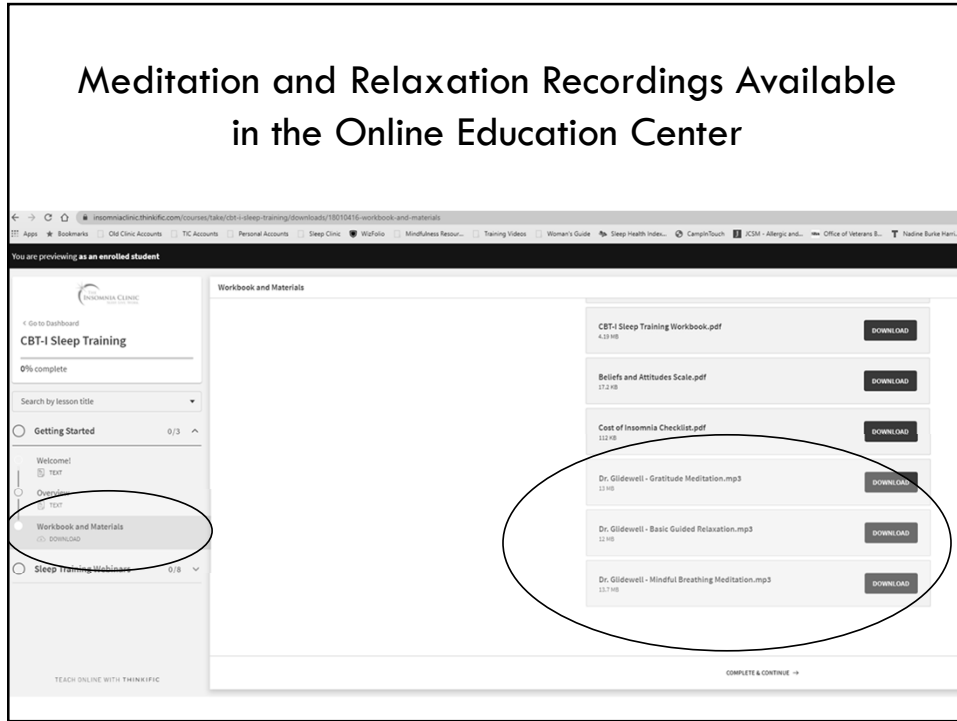
58

Meditation and Relaxation Recordings Available in the Online Education Center



59

Meditation and Relaxation Recordings Available in the Online Education Center



60

How to use your brain and body to generate maximum need for peaceful restorative sleep.

Enhanced Recovery Demand

61

Sleep should...

Restore Energy

Replenish Supplies

Repair Body & Brain

Remove Waste

62

Must use body & brain in a way that...

Depletes Energy

Consumes Supplies

Damages Body &
Brain

Creates Waste

63

Doing the same old things,
in the same old way,
does not do this.

64

Create a need for recovery...
by doing something **NEW**.

65

Build a need for body recovery

Learn a new physical activity

Push body slightly beyond current
physical limits

66

Build a need for brain recovery

Constant curiosity

New problems to solve

New people and places

Puzzles, puzzles, puzzles

67

Poor sleep wants to
Keep you from using
this strategy.

68

Master the skill of stopping and letting go.

The Ridiculous Art
of Doing Nothing

69

Getting to sleep is
complicated...
for your brain.

70

Nothing.

71

Doing nothing is easy right?

72

It's ok to do nothing.

73

Practice. Plan. Prepare.

- * Practice Doing Nothing: Part 1
 - * Twice per day stop for two minutes; Set a timer
 - * Do nothing - just watch your thoughts, emotions, body sensations, and reactions
 - * If you get pulled away, just say to your self, "oh well" and return to doing nothing
- * Practice Doing Nothing: Part 2
 - * 15-20 minutes of relaxation or meditation training
- * Create an experience and expectation of...
- * Train the brain to shift from going/doing to...

74

Practice. Plan. Prepare.

- * Relaxation/Meditation Training
 - * Use the recording 1-2 times per day when you are not trying to sleep
 - * Daily practice is the most important factor in your ability to benefit from relaxation training
 - * Find a place where you can relax and be undisturbed for about 20 minutes (remember to turn off your phone)
 - * As best you can, approach your relaxation time without expectation about what you are "supposed" to experience
 - * Should not be listened to while driving or hazardous activities
- * The relaxation training you are beginning is based on decades of research performed at Harvard University and around the world.
- * Meditation Apps: <https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps>

75

Practice. Plan. Prepare.

- * Plan for Doing Nothing - Speed Check
 - * Your day and evening activities are like driving on the interstate at 70 mph
 - * You might get off to go pee and slow down for a few minutes but most of us actually drive straight through.
 - * Going to bed/sleep requires you to “get off of the interstate”
 - * Brain was not made to go from Zoom to stop, that's called a car crash, that's one of the roads to insomnia.
 - * Pay attention to your evening speed
 - * Mental, Physical, and emotional
 - * Check every hour
 - * Get off the interstate and start driving the side streets an hour or two before bed
 - * You will probably need to plan your evening routines accordingly.

77

Practice. Plan. Prepare.

20-30 minutes bedtime routine

Bedtime gratitude practice

78

A few more thoughts about doing nothing

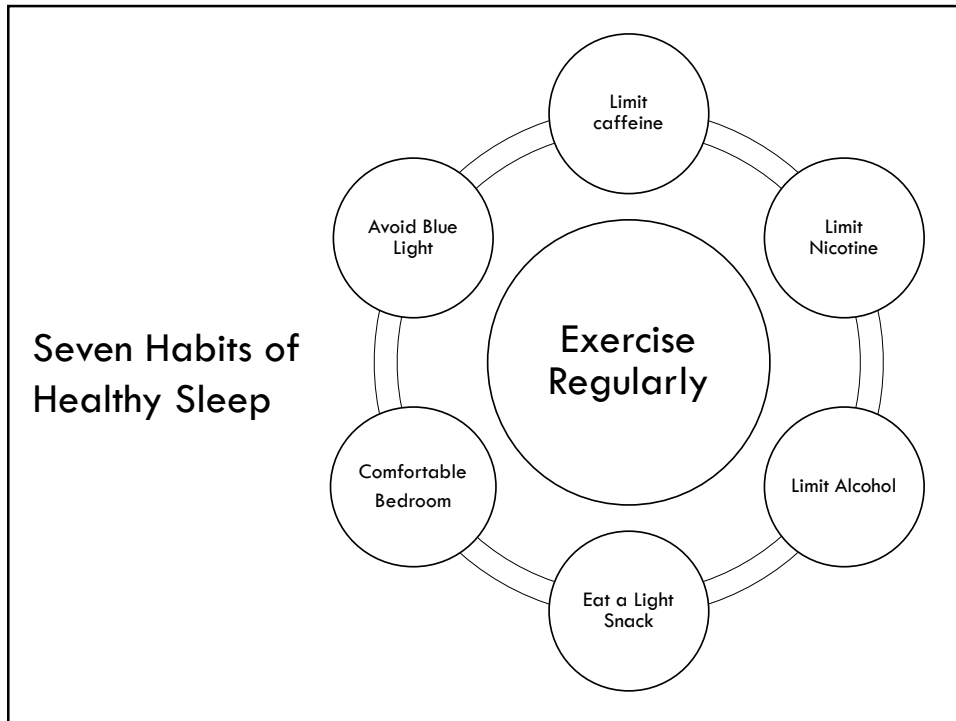
- * There is an intentional process. There are things you can DO, but they all pretty much happen before you ever get near the bed.
- * Once you get in bed, as long as there is not sleep disorder, the stage is set and you just need to get out of the way.
- * You may ask what about things like counting sheep, visualization, relaxation, etc...
 - * These are basically just distraction techniques to help you get out of the way when you have not practiced, planned, and prepared for doing nothing

79

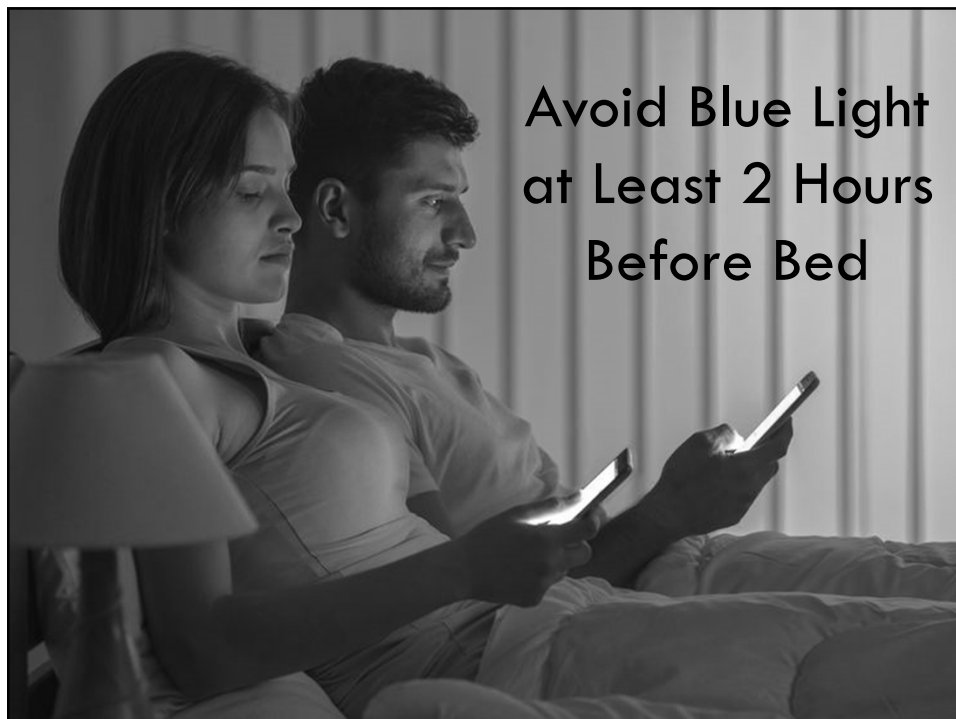
Give yourself the best chance for a
good night's sleep.

Healthy Sleep Habits

81

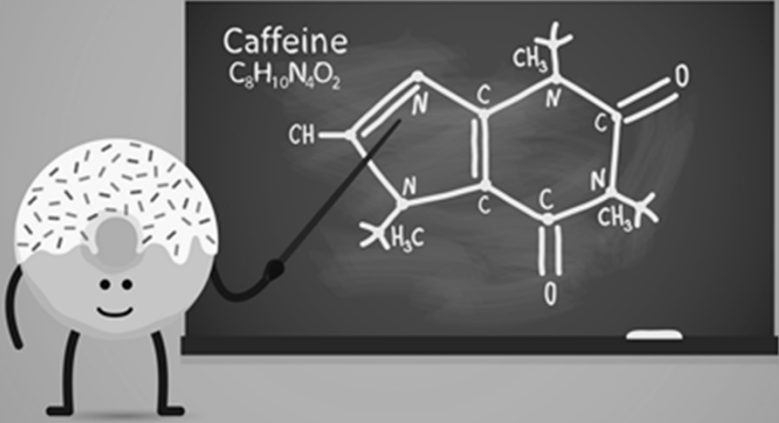


82



83

“America’s Drug of Choice”




Caffeine
 $C_8H_{10}N_4O_2$

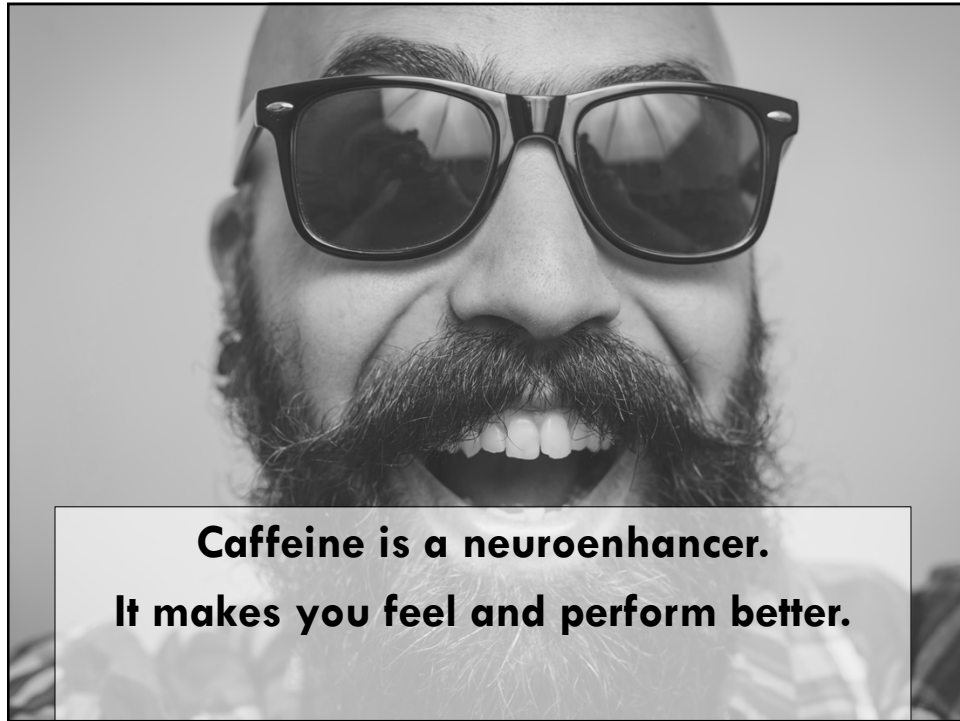
CN1C=NC2=C1C(=O)N(C)C(=O)N2C

84

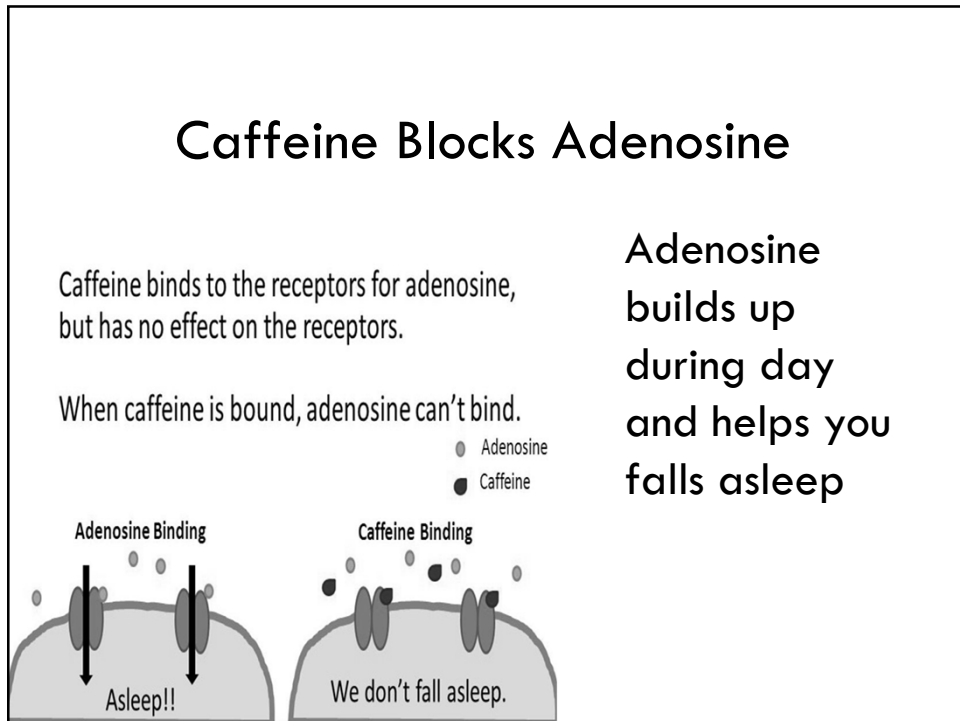
64% of Americans Drink Coffee Every Day
Average American spends \$1,110 annually
\$13.6 billion per year on it.



85



86



87

Alcohol is Tricky



88



89



90

Avoid meals within 2 or 3 hours
before bedtime.

A light snack
within the hour before bed
may help you feel sleepier.

91

Sleep Superfoods?

FOODS THAT HELP YOU SLEEP AT NIGHT



Chamomile
There's nothing like a cup of chamomile tea to put you to sleep at night.



Oats
Oats aren't just a food to enjoy at breakfast, but it's also a good night-time food.



Cottage Cheese
Cottage cheese may seem like an odd thing to snack on before bed, but it's actually quite a great sleepy-time food.



Almonds
Almonds are rich in magnesium, which is a mineral that will promote healthy sleep.



Sweet Potatoes
Sweet potatoes are great at relaxing the muscles and excellent for promoting sleep.



Bananas
Bananas are loaded with potassium and contain serotonin to help you sleep.



Grapes
Grapes are the only fruit known to contain melatonin – the chemical that helps you get to sleep at night.



92

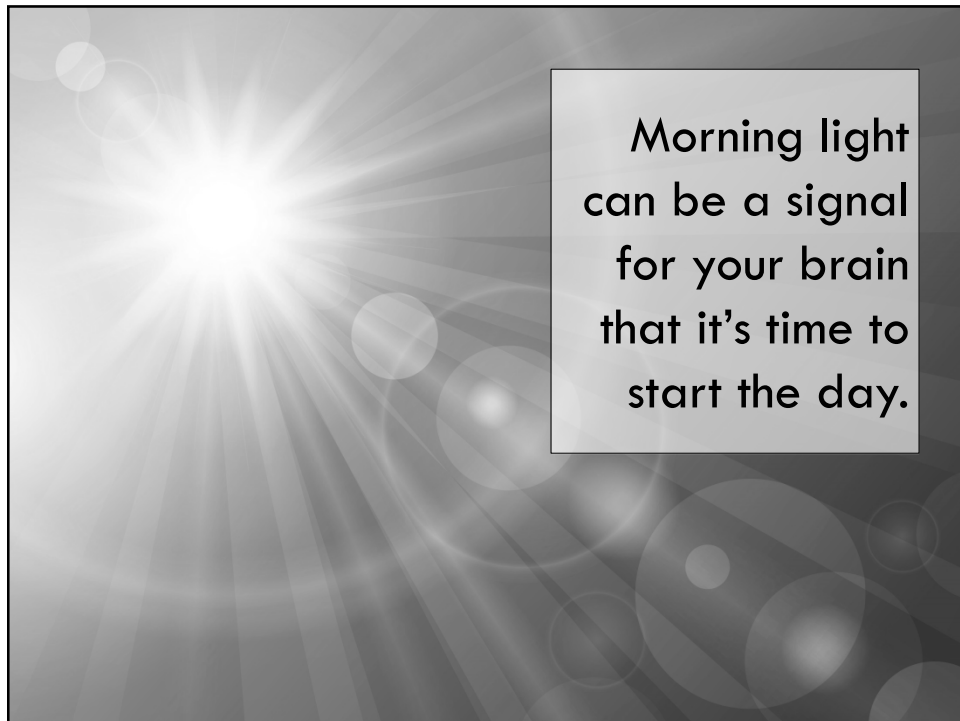


Create a Comfortable Bed and Bedroom

93



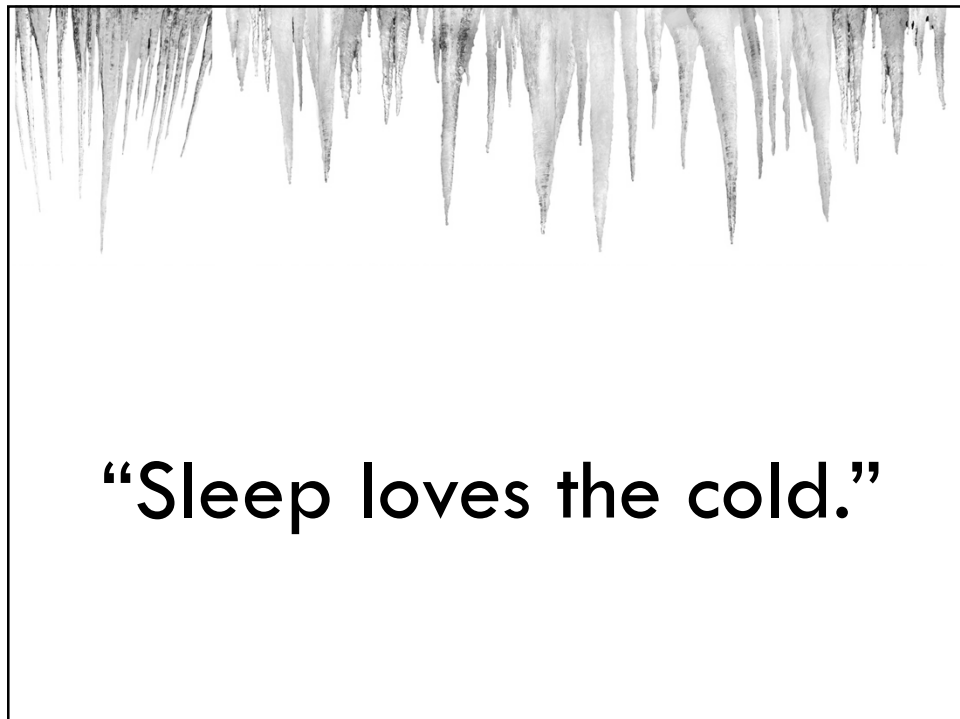
94




95



96



97



Nicotine is a
stimulant.
It can keep
you from
falling asleep
and sleeping
deeply.

98

Reduce the total amount of
nicotine you have each day.

Avoid nicotine near bedtime and
when you're awake during the
night.

99

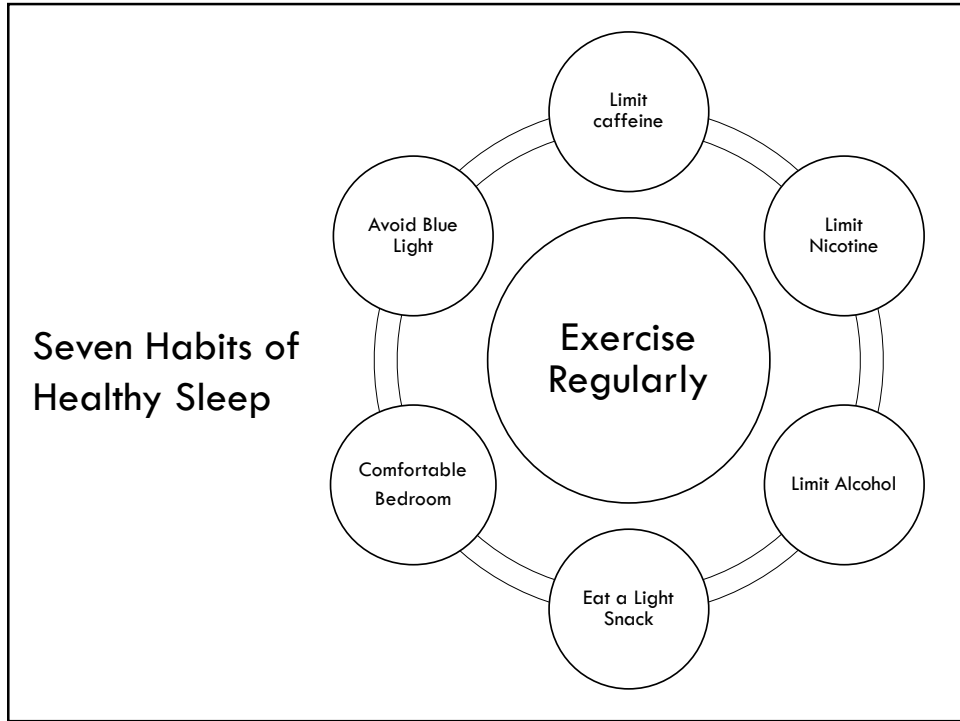


100

Circadian Rhythm Determines Best Time of Day to Exercise



101



102

A smart, safe, and (mostly) painless road
to becoming medication free.

Medication Escape Plan

103


Sleep medications are
psychologically and
physically addictive.

104

Medication Reduction Strategies

- * Only one medication at a time
- * 25% reduction every 2-4 weeks
- * Once at lowest dose, take less often
- * Use sleep power and programming

105



Always consult your prescriber
Don't stop medication suddenly
Have a plan for short-term insomnia

106

Steps to make sure you breath easy at night.

A Breath of Fresh Sleep

If you snore or have other reasons to believe you might have trouble breathing during sleep, we strongly encourage you to speak with your primary care provider.

107

Cannabis for Sleep?



- * Cannabinoids improve short-term sleep outcomes
- * Indica strains appear to most effective
- * Best to ingest at least 1 hour before bedtime: works for about 3-4 hours

108

Write it down and make it real.

Personal Sleep Transformation Plan

109

Personal Sleep Transformation Plan

- Rapid Relief:
 - “Shrink It” Schedule - Bed Time: Rise Time:
 - Escape. Hang Out. Try Again.
 - Smart Naps
- Secrets of the Teflon Mind
 - Identify. Challenge. Rethink.
 - Bedtime Gratitude Meditation

110

Personal Sleep Transformation Plan

- Enhanced Recovery Demand
 - How will you build a need for **physical** recovery?
 - How will you build a need for **mental** recovery?
- Ridiculous Art of Doing Nothing
 - Practice. Plan. Prepare.
 - 1-Minute “Do Nothing” exercise
 - Daily relaxation or meditation training
 - Shift evening “speed
 - Bedtime routine with gratitude meditation

111

Personal Sleep Transformation Plan

- Healthy Sleep Habits
 - Screens
 - Caffeine
 - Alcohol
 - Nicotine
 - Food
 - Exercise
 - Comfortable Bed and Bedroom
 - Dark, cool, quiet, relaxing, and pet free

112

Personal Sleep Transformation Plan

- Medication Escape Plan
 - Work with your prescriber
 - Only one medication at a time
 - 25% reduction every 2-4 weeks
 - Once at lowest dose, take less often
 - Use sleep power and programming

113

Chronic Insomnia In American Adults

Experience Difficulty Sleeping
Every Night or Almost Every
Night

33%

77.4 Million Americans

At Risk For Insomnia – Sleep
Problems That Interfere with
Health, Family, Work, or Life
Satisfaction

10%

21 Million Americans

**Please Share - Someone you know needs the information
you just learned.**

119



121



122



123