

Overcoming Sleeping Problems Workshop



Setting up the session

- ▶ If you haven't already, please put yourselves on mute!
- ▶ There will be moments where we can invite comments or questions verbally
- ▶ Please use the meeting notes section to ask questions during the presentation and we will endeavor to answer as we go along
- ▶ Please keep your cameras switched on, unless you have to excuse yourself at any point
- ▶ Try to limit distractions - hard in an online meeting!
- ▶ Confidentiality - any personal information shared should be held within the group and not discussed outside of the session

Housekeeping

- ▶ **Confidentiality:**

Ensure you are in a confidential, quiet space to attend this session
Duty of Care

- ▶ **Be supportive:** Listening, Not interrupting, Non-judgemental
- ▶ **Personal info:** Please share what you are comfortable with only – you do not have to share anything you do not want to
- ▶ **Practice skills:** Evidence shows that the people who practice the skills outside of sessions benefit the most from treatment
- ▶ **If you need a break :** During the workshop, please feel free to take a minute if you need to

Before we start...

Why do we complete these questionnaires?

- ▶ **PHQ-9**: Measures symptoms of depression
- ▶ **GAD-7** : Measures symptoms of anxiety
- ▶ **IAPT Phobias, Employment and WSAS**: Measures impact on functioning in day to day life

Important points to remember when completing these:

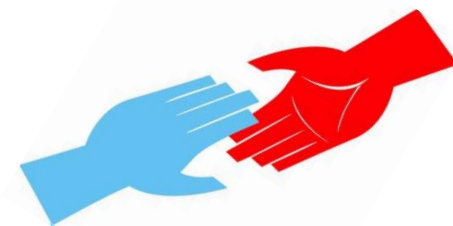
- ▶ Think of the week/s as a **WHOLE** rather than just one event
- ▶ Reflect on your week before you score
- ▶ Complete **ALL** questions
- ▶ Any difficulties? Please ask



Immediate support...if needed

Brent Talking Therapies Service is not a crisis service. In crisis:

- GP – During office hours (usually 9am to 5pm, Monday to Friday – may vary according to GP practice)
- Out of hours Urgent Advice Line **08000 234 650** (Open 24 hours, 7 days a week, incl. Bank holidays)
- Samaritans **116 123** (Open 24 hours, 7 days a week, incl. Bank holidays)
- Brent Samaritans **0208 961 6181** or visit them at Leopold Road, London, NW10 9LN – Visits preferably by appointment
- Saneline **0845 767 8000** (6pm–11pm)
- NHS Direct **0845 4647** (24 hours)



What is Sleep?

Sleep is a large , important and familiar part of everyone's life .

It is a naturally recurring state of mind and body which is essential to maintaining a healthy mind and body.

When we have a good nights sleep we wake up feeling refreshed and alert for our daily activities.

Sleep can affect the way we look, feel and perform on daily basis. It can have a major impact on our quality of life.

Sleep occurs in a cycle

- ▶ A typical night's sleep would contain 4-
- ▶ Each Cycle contains 5 stages



The Five Sleep Stages

Sleep is made up of 5 stages;

- ▶ **Stage 1:** Very light sleep (4–5%)
- ▶ **Stages 2 and 3:** When your sleep gets deeper – you spend most of the night in this type of sleep (45–55%)
- ▶ **Stage 4:** Very deep sleep – the body is very relaxed at this stage (4–6%)
- ▶ **Final stage known as Rapid Eye Movement (REM) sleep:** This is where most of our dreams occur (25%)

Once REM sleep is over, you go back to Stage 1 sleep. You go through this cycle about 4–5 times each night. Each cycle takes about 90 minutes.





Benefits of REM Sleep



Boosts Your Mood

Younger looking skin

Helps fight
depression

Helps your brain
process new skills
and information

**Helps you recover
from stress**

Improves immune
system

Improves your
energy when you
wake up

Improves memory
and cognitive
functions

Increases vitality

What are Sleep Problems?

- ▶ We can all experience poor sleep at some point in our lives.
- ▶ Sleep problems are very common with 1 in 3 of us suffering from poor sleep
- ▶ However, if you notice that this lasts longer than several days and it is impacting your daily life this could mean you are experiencing a sleep problem.

Causes of sleep difficulties

- ▶ An upsetting life event
- ▶ Physical health issues and pain
- ▶ Certain medications
- ▶ Anxiety
- ▶ Depression
- ▶ Stress at work or relationships
- ▶ Lifestyle – what an individual does (their behaviours) e.g. alcohol/caffeine consumption, activity levels
- ▶ Environment



Impact on Wellbeing

Low Mood

If your sleep is disturbed, this can affect your mood, energy levels and ability to cope with daily tasks. If this occurs over a long period of time

Irritability

When we have sleep problems we can not regulate our emotions as well and this can have an impact on our relationships with others.

Worrying

We can get into a vicious cycle of worry and even have worries about how our sleep is affecting us

Difficulties coping in our daily activities

We can have poor concentration, difficulties making decisions and sometimes feel too exhausted to engage in our usual activities.

Low Self Esteem

Fatigue can cause you to stop carrying out your usual social activities, social isolation can then lead to feelings of loneliness, depression or anxiety. Not being able to carry out our usual daily and social activities can makes us feel less confident in our abilities.

Vicious Cycle of Sleep Difficulties

Initial poor sleep due to stress, pain, or other reasons

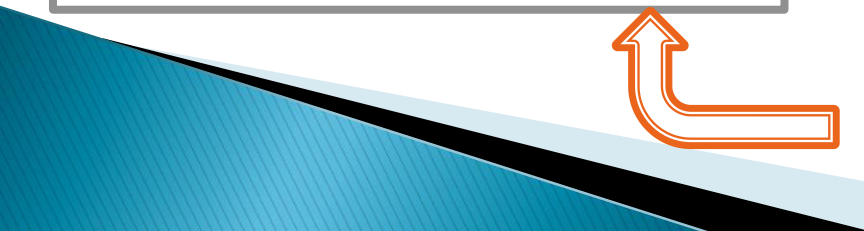
Continued poor sleep

Habits and behaviours intended to improve sleep which make things worse: e.g. napping, lots of time spent in bed trying to sleep, bedtime routine or surroundings

Negative thoughts such as “I will not be able to cope if I don’t have 8 hours of sleep a night” or “I need to wake up early, I am going to be too tired”

Further inability to fall asleep

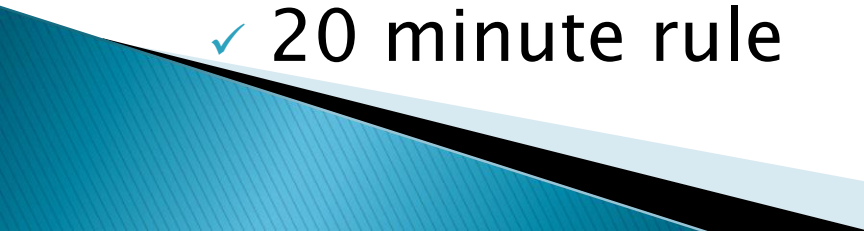
Anxiety and Worry



Noticing and changing unhelpful behaviours

- ▶ Drinking caffeinated drinks in late afternoon/evening
- ▶ Using electronic devices in bed
- ▶ Drinking alcohol to fall asleep
- ▶ Not having a bedtime routine
- ▶ Poor Sleep Environment

Tips

- ✓ Having a 'wind-down' time i.e. an evening routine including relaxation time.
 - ✓ Avoid smoking or heavy meals few hours before bed
 - ✓ Regular exercise at the right time
 - ✓ Wake up and sleep at set times
 - ✓ Only sleep in bed at night- avoid naps during the day
 - ✓ 20 minute rule
- 

Sleep Environment

- ▶ Consider lighting – not too dark or too light
- ▶ Room temperature
- ▶ Noise levels
- ▶ Switching off stimulants e.g. phones, TV
- ▶ Bed should only be associated with sleep and sex



The 20 Minute Rule

If you are not asleep in 20–30 minutes or if you wake up during the night and cannot get back to sleep:

- ▶ Leave the bed – avoid clock watching
- ▶ Do something relaxing but not very exciting (music, read, your choice)
- ▶ Go back to bed when sleepy tired
- ▶ Repeat this routine as necessary (it will become unnecessary if you keep it up)



Noticing and managing worries

What is worry?

Feeling anxious or troubled about actual or potential problems.



And/or
Worrying about not sleeping!

Ask: 'Can I do something about my worry now?'

The answer at bedtime should be ...

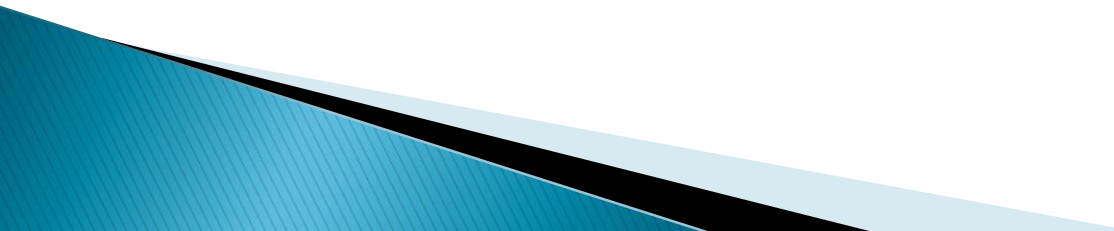
NO!

So..

- 1) Write down your worry on a piece of paper
- 2) Address your worry only during the day.



BREAK

- ▶ Please use this time to complete the questionnaires sent to you via email from Webform
 - ▶ We will resume in 5 minutes
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Methods we will teach you:

- ▶ Abdominal breathing
- ▶ Progressive muscle relaxation

Other techniques you can try at home

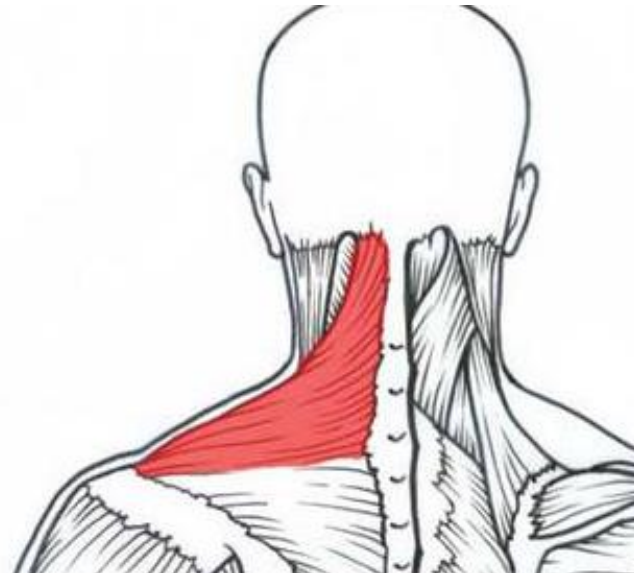
- ▶ Visualising a peaceful scene or image
- ▶ Meditation
- ▶ Yoga or gentle exercise
- ▶ Calming music



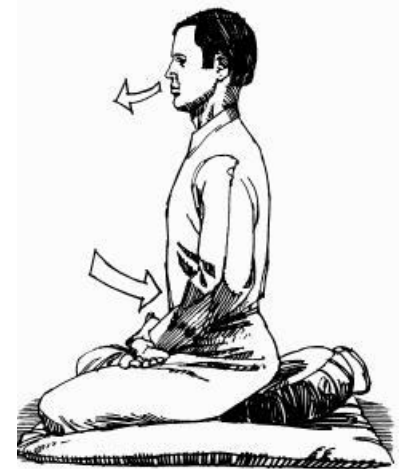
Progressive Muscular Relaxation

- This is a method of tensing tightly and then releasing your muscles in groups.
- The entire sequence should take about 30 minutes. With practice, this may decrease to 15–20 minutes.

https://www.youtube.com/watch?v=oV_ebOzX8OA



Controlled Breathing



Breathing reflects tension in body.

If tense → shallow, chest level breathing

If relaxed → breathe more fully, more deeply and from abdomen.

As you cannot be tense *and* breathe from your abdomen at the same time, learning controlled breathing can reduce the physical symptoms of tension.



Why muscular relaxation works

- ▶ When you feel anxious, the tension becomes such a habit that you no longer notice it.
- ▶ The muscular exercises make you aware of the difference between tension and relaxation.
- ▶ By tensing a muscle we also fatigue it, making it easier to relax it.
- ▶ ‘An anxious mind cannot exist in a relaxed body’ – relaxed muscles tend to slow down racing thoughts.

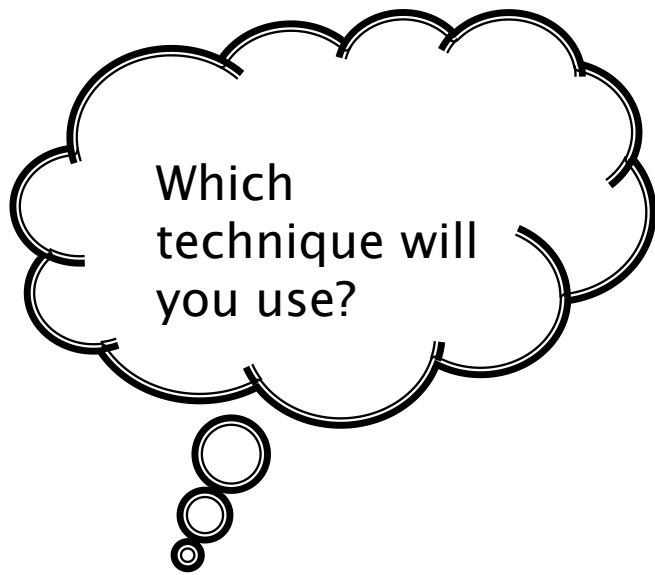
Sleep Medications

- ▶ Sleep medications can help in the short term and are only intended for short term use.
- ▶ They can make you feel drowsy, relaxed but not sleepy as healthy sleep does.
- ▶ They can continue to make you feel drowsy during the day.
- ▶ Insomnia can increase when they are stopped.
- ▶ Psychological dependence to medication can reduce a person's confidence that they can sleep without taking them.
- ▶ **Please consult your GP before stopping sleep medication**

Practice Skills

Sometimes when sleep problems have persisted for a long time it can be difficult to see a way out.

Why not try some of the techniques and see how they help?



Skills

Changing unhelpful behaviours

20 minute rule

Clock watching

Relaxation techniques

Other Sources of Help

CNWL Talking Therapies Service Brent Self-Help Toolkit:

<http://brentiapt.org.uk/information/self-help-toolkit>

▶ Get Self-Help:

<http://www.getselfhelp.co.uk/freedownloads2.htm>

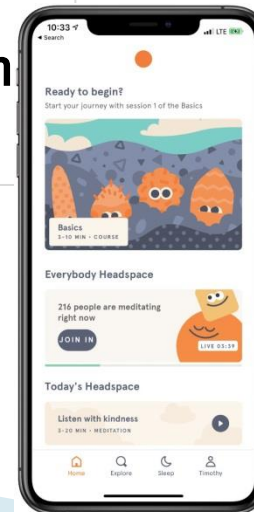
▶ Centre for Clinical Interventions:

<http://www.cci.health.wa.gov.au/resources/consumers.cfm>

▶ Northumberland Self-Help Guides:

<http://www.nw.nhs.uk/pic/selfhelp/>

▶ Overcoming Insomnia & Sleep Problem Colin Espie



Any questions?

