

SLEEP WORKSHOP

- What is Normal Sleep?
- Common Causes of Sleep Problems
- Good Sleep Habits

SLEEP QUIZ

1. How much sleep do we need?
2. Why do we need sleep?
3. Is it normal to wake up in the night?

WHAT IS NORMAL SLEEP?

▶ Three Brain States

1. Awake
2. Non rapid eye movement sleep (NREM)
3. Rapid eye movement sleep (REM)

▶ 90 Minute Cycles

Stage 1 – 1 minute

Stage 2 – light sleep

Stage 3 – NREM sleep

Stage 4 – REM sleep

HOW MUCH SLEEP DO WE NEED?

- ▶ Depends on age/level of activity (6 – 10 hours)
- ▶ We sleep for a 1/3 of our lives
- ▶ Sleep is an active process for mind and body. We need sleep for:
 - Thermoregulation
 - Energy conservation
 - Regulation of metabolism
 - Immune function
 - Cell renewal and repair
 - Consolidation of new memory
 - Regulation of mood

COMMON MISPERCEPTIONS ABOUT SLEEP

1. *“I should sleep through all night”* - Everyone wakes 4 – 5 times a night but we are often not aware of this
2. *“I’ve not slept at all”* - We are not very good at judging how much sleep we have actually had
3. *REM sleep is the important bit* – All stages of sleep are important and have different roles.
4. *Trying hard to sleep will not help* -Normal approach to sleep (an unconscious process) – IS NOT THINKING ABOUT IT!

'SLEEP IS LIKE A CAT, IT ONLY COMES IF YOU IGNORE IT'.



GOOD SLEEP HABITS: The recipe for sleeping better.

- ▶ What you do in the day has a big impact on how well you sleep at night.
- ▶ Improving Sleep Opportunity. Preparation for sleep is important.
- ▶ Improving Sleep Efficiency. Getting back to sleep when you wake in the night improves your sleep efficiency.

WHAT YOU DO IN THE DAY

- ▶ Have a fixed getting up time. No matter how tired or how little you think you've slept. Get a good alarm clock.
- ▶ Maximise your exposure to day light.
- ▶ Increase physical activity/exercise (but not in the late evening).
- ▶ Avoid or minimise use of alcohol, nicotine and caffeine.
- ▶ No daytime sleeping at all.

PREPARATION FOR SLEEP: Improving sleep opportunity

- ▶ Wind down physical and mental activity in the late evening.
- ▶ Avoid eating a large meal late in the evening.
- ▶ Avoid screens/technology in the hour before bed.
- ▶ Put the day to rest by listing things to remember for the next day.
- ▶ Take all agitation out of the bedroom, aim for cool, quiet and dark.
- ▶ Wait until you feel really sleepy before going to bed.

FALLING ASLEEP:

- ▶ Remember, a normal approach to sleep is not thinking about it, it is an unconscious process, if we think about it, it doesn't happen.
- ▶ Try breathing and relaxation exercises.
- ▶ 'Run another programme' – place your full attention on something else (lists, recipes, routes, packing, calculations).
- ▶ Write down your worries, the things you have to do tomorrow, and put the list away.
- ▶ Worry needs the oxygen of attention, shift your attention on to something else.
- ▶ If after 10 / 15 minutes you are still awake get up.

GETTING BACK TO SLEEP: Improving sleep efficiency.

- ▶ If you wake in the night, repeat steps in the last slide.
- ▶ Remember, after fifteen minutes stop trying.
- ▶ Leave the bedroom.
- ▶ Avoid screens.
- ▶ Keep light levels low.
- ▶ Use emotionless activity.
- ▶ You are reinforcing the bed/sleep connection by getting out of bed when you are awake.
- ▶ Wait till you feel sleepy then try again.

USEFUL RESOURCES

- ▶ Good Sleep Hygiene CCI Website
- ▶ <https://cci.health.wa.gov.au/~media/CCI/Mental%20Health%20Professionals/Sleep/Sleep%20-%20Information%20Sheets/Sleep%20Information%20Sheet%20-%2004%20-%20Sleep%20Hygiene.pdf>
- ▶ Self-help Guide Northumberland Tyne and Wear NHS Website
- ▶ <http://www.neurone.org.uk/wp-content/uploads/9.-Sleeping-Problems-Self-help-guide.pdf>

SLEEP WELL!

