

# Sleep Well- Feel Well



## Plymouth Options

# FORMS

- Registration forms
- PHQ 9 and GAD 7 Questionnaires.
- There is a requirement from our service and commissioners that attendees complete registration forms, which include a questionnaire these are necessary for us to deliver workshops free.
- Please return to [lucythomas4@nhs.net](mailto:lucythomas4@nhs.net)
- Family and Friends Test
- The NHS Friends and Family Test (FFT) were created to help service providers and commissioners understand whether their patients are happy with the service provided, or where improvements are needed. It is a quick and anonymous way to give your views after receiving care or treatment across the NHS. ([LINK](#))
- Confidentiality

- Our courses are psycho-educational. They offer awareness and understanding on symptoms of depression and anxiety, including sleep, as well as tools and techniques to manage those symptoms and information of how to access appropriate support.

Aims:

Understanding sleep

- The sleep cycle
- Sleeping tips
- Sleep diary, helpful and unhelpful behaviours and worry time
- Sleep re- training



# Types of sleep problems

- Getting off to sleep
- Staying asleep
- Waking too early
- Sleeping too much
- Sleep quality

# Understanding Sleep

- Possible reason for poor sleep:
- Stress
- Shift work
- Age
- Pain
- Need to go to the toilet
- Surroundings/ Environment
- Poor routine and lifestyle

# The sleep cycle:

## Stage 1:

Light sleep. Stage between awake & sleep. (5-10mins)

**Stage 2:** Onset of sleep: disengaged from surroundings.

Body temperature drops, breathing slows, start to relax & heart rate become regular.

**Stage 3:** 'True Delta'.

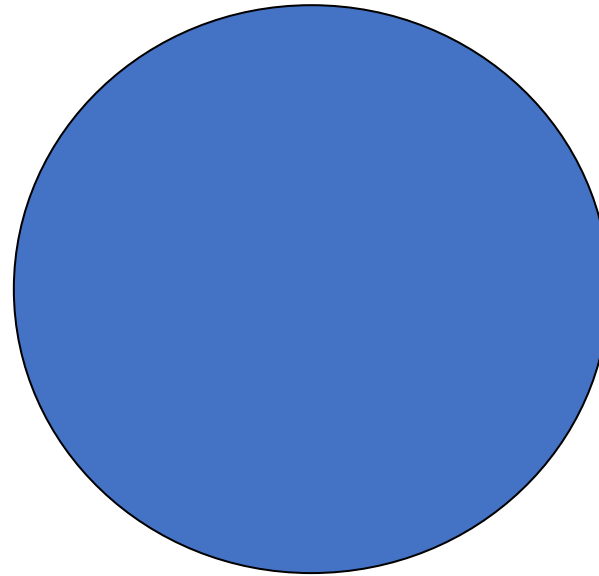
Slower brain activity, if woken be very groggy (5-15mins)

## Stage 5:

**REM:** 25% of the night. Provides energy to the brain & body & supports day time performance. Emotional processing & calming.

## Stage 4:

True Delta: hormones released. Growth & cell repair. (5-15 mins)



# Get your mind and body calm

## Unhelpful:

- Alcohol
- Food
- Arguments/worry
- Caffeine
- Partner has different routine
- Clock Watching
- Nicotine

## Helpful:

Warm milky drinks

Exercise

Worry time

Routine

Relax before bed

Screen Free Nights: at least 2 hours before bed. 2 hours on these devices cuts the production of sleep hormone, Melatonin by almost a ¼ !



# Sleep Diary



Understand your sleep, find out your sleeping patterns:

- Complete a 'Sleep Diary'
- <https://www.nhs.uk/Livewell/insomnia/Documents/sleepdiary.pdf>
- Looks at waking and total sleep through the night
- Looks at things that might be helpful or unhelpful that you do i.e. last caffeinated drink and routine before bed

# Worry time

- **1. Record worries**
- Note your worry briefly on paper.
- Distinguish between hypothetical and practical. If practical skip to problem solving technique.
- 
- **2. Postpone your worry:**
- • Refocus your attention on the present moment
- 
- **3. Plan a worry time:**
- • To begin, choose a particular time, place, and duration, it should be the same each day.
- 
- **4. Come back to your worries at the designated worry period:**
- When your worry period comes around, settle yourself
- down at the place you had planned and take some time to reflect on the worries you had written down from the day. Then tear them up at the end.

# The Environment

- Temperature
- Tidy
- The bed
- Light
- Noise/White noise?



- **Sleep Re-training!**

**ZZZZZZZ**





- Don't go to bed until you feel sleepy!
- Condition yourself: the bed is only for sleeping!
- Not asleep in approx. 25 minutes? Get Up & out of bed!



- Repeat, repeat, repeat
- Get up & out of bed at a set time & early each day!
- No naps!
- **Keep Practicing!**

# Other Resources

- Plymouth Options
- <http://livewellsouthwest.co.uk/services/plymouth-options>
- Plymouth On-line Directory (POD)
- [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
- Moodjuice
- Northumberland NHS Self-help guides

# Relaxation

Learn and use relaxation techniques

- Progressive Muscle Relaxation (PMR)
- Breathing Techniques
- <https://www.helpguide.org/articles/sleep/getting-better-sleep.htm>
- <https://www.sleepfoundation.org/insomnia/treatment/relaxation-exercise>



**THANK YOU**

**plymouthoptions@nhs.net**