



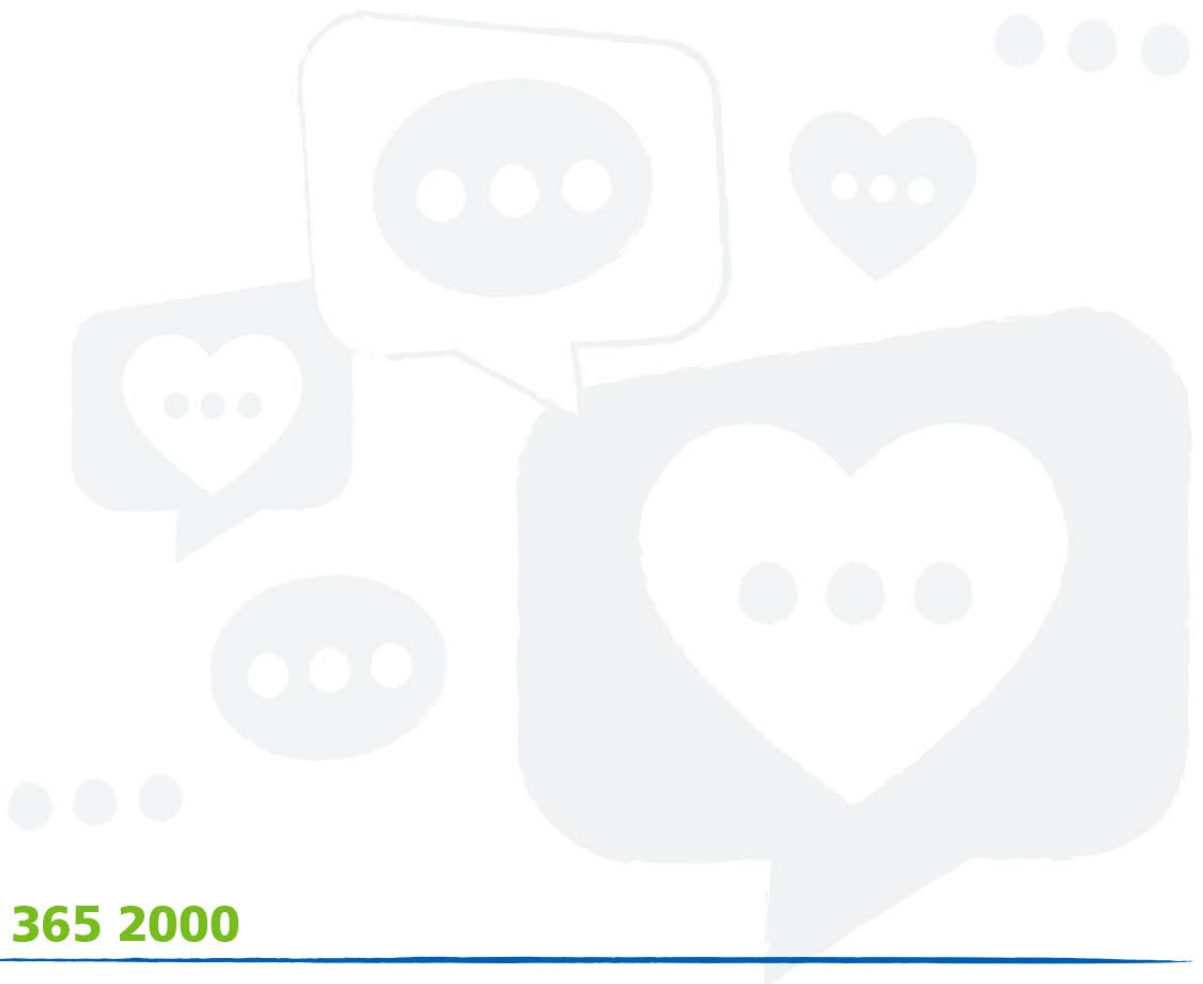
Talking Therapies

Workbook...

Workbook 7

Sleep hygiene

A self-help guide



 0300 365 2000

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As you work through the booklet, feel free to make notes on the pages and use the notes page at the back

Sleep problems

Introduction

Most people will have difficulties with sleep at some point in their lives.

These might include difficulties getting to sleep, waking during the night or waking early in the morning unable to get back to sleep.

There are many things that can disrupt our sleep, see some examples below.

- Stress, worry, anxiety or depression
- Change in sleeping patterns (jet lag, shift work)
- Environmental factors (noise, light, temperature)
- Life events (bereavement, having children)
- Physical ill-health
- Medication, street drugs (amphetamines, ecstasy or cocaine) or legal drugs (alcohol, caffeine or tobacco) or withdrawal from any of these.

For most people sleep difficulties are temporary and will pass with time.

However for some it can last longer and start to **affect areas of life** including work, physical health and relationships.



Sleep myth busting

How much sleep do we need?

Often when we are experiencing sleep difficulties we may:

- Think that we have had less sleep than we actually have
- Think that we need more sleep than we really do
- Worry about the amount of sleep we have had
- Worry about the effect that the lack of sleep will have on us.

Worrying about sleep may make the difficulties worse.

Many people think that everyone should get eight hours sleep per night.

The truth is that everyone is different. Some people might need eight hours a night to function properly, but others may be able to get by on as little as four hours.

The amount of sleep we need also changes throughout our lives and as we get older we do not tend to need as much sleep.



Sleep hygiene

Top tips for the daytime

There may be things that you can consider changing within your day that could help you get a better night's rest.

- Avoid **daytime sleep**
- **Exercise** – aim to exercise during the day (preferably outdoors) and avoid exercise late at night as it stimulates endorphins that may keep you awake
- Limit use of **stimulants** such as caffeine and nicotine **before bed** – caffeine can take up to six hours to leave your system
- Avoid **using your bed for other activities** other than sleep or sexual activity e.g. reading, smoking, listening to the radio, watching TV
- **Appetite** – avoid going to bed too hungry or too full.



Sleep hygiene

Top tips for bedtime

There are also things we can change around bedtime that may help you get a good night's sleep.

- Establish a **routine** – go to bed at the same time each night and get up at the same time every morning, even if you feel tired or sleepy
- Ensure the **bedroom conditions** are quiet, cool, dark and comfortable
- Try to **avoid worrying** about not getting enough sleep – trying to make yourself to go to sleep just keeps you awake.
- **Relax** before going to bed. This could mean having a hot bath, listening to relaxing music, having a hot milky drink (caffeine-free) or doing a relaxation exercise
- If you have not managed to sleep **after roughly 30 minutes**, get up and go to a different room and do something quiet and un-stimulating until you feel sleepy
- Avoid doing **stimulating things** before bed such as watching TV.
- Avoid **looking at the clock** while trying to sleep – this will only make you worry!
- Don't **expect too much** from your sleep – you may not need as much sleep as you think!



If you have a medical problem, which you think may be impacting on your sleep, see your GP.

Improving your sleep

How do I start to make changes?

When trying to tackle problems with sleep, a useful tool is a sleep diary. This will give you a more realistic indication of how much sleep you are getting each night and what factors might be affecting this.

You may think that you are already aware of what is impacting your sleep and how much sleep you are having, but this first step is a really important step that we encourage everyone to complete.

- **Step 1** – Fill in a sleep diary
- **Step 2** – Review and reflect – Review your diary and consider what might be contributing to your sleep problems
- **Step 3** – Make changes
- **Step 4** – Review the changes you made

We will work through the four steps in within the next pages.



Even if we don't usually find it helpful to write things down, this can be a form of avoidance. We cannot fully tackle our sleep issues without being able to clearly, factually see how much sleep we are getting. Try to use the diary for at least three days and see how it goes.



Improving your sleep

Step 1. Fill in your sleep diary for one week

When trying to tackle problems with sleep, a useful tool is a sleep diary. This will give you a more realistic indication of how much sleep you are getting each night and what factors might be affecting this.

Using the diary on [page 9](#), record your sleep for one week. It's helpful to include:

- Naps within the day
- Any stimulants you've had e.g. tea, coffee, alcohol
- Worries you notice.



Improving your sleep

Step 2. Review and reflect

Once you have filled out your sleep diary, it can be helpful to consider what might be contributing to your sleep problems.

Consider the questions below and then fill in the table on [page 11](#).

Reflect:

- Am I going to bed at the same time each night and getting up at the same time each morning?
- Am I drinking too many caffeinated drinks during the day, especially in the evening?
- Do I get less sleep, or poorer quality sleep, on nights when I have had an alcoholic drink?
- Am I taking any medication or drugs that might affect my sleep?
- Do I find it more difficult to sleep at night when I have had a nap during the day?
- Am I spending too much time in bed?
- Do I really need as much sleep as I think I do?
- Looking at the tips for a good night sleep ([on page 5](#)) – is there anything else that I can be doing differently?



If your thoughts and worries are interfering with your sleep... speak to your therapist as you may need additional support and techniques which you can use to address this.

Improving your sleep

What is contributing to my sleep issues?

Reflecting on your sleep diary and questions on page 10, add below what you think may be contributing to your sleep issues and what you can do that may help you get a better night's rest.

Contributing factor	Actions I can take
E.g. Drinking coffee after dinner	Limit caffeine consumption to the morning

Improving your sleep

Step 3. Make changes

Once you have identified the factors that may be contributing to your sleep difficulties, you can see where you will need to make changes.

This may include planning the time you will go to bed each night and the time you will get up each morning.

Step 4. Review the changes you made

Have you made the changes that you planned?

Did it help? If not, what could you do differently?

Contributing factor	Actions I can take	Review
E.g. Drinking coffee after dinner	Limit caffeine consumption to the morning	This helped a lot, I was able to fall asleep more quickly

Additional workbooks

We also provide workbooks on the following areas:

- Relaxation
- Worry
- Problem solving
- Thoughts
- Sleep restriction (useful for when you have tried the sleep hygiene tips but still struggling with getting good quality sleep)

If you would like any more information on any of the above, please speak to your psychological wellbeing practitioner.



Further resources



Workbooks

Centre for Clinical Interventions (CCI) – <https://www.cci.health.wa.gov.au/>

A range of detailed resources and PDF workbooks available to download for free focusing on a range of depression and anxiety related difficulties.

Northumberland, Tyne and Wear NHS – <https://web.ntw.nhs.uk/selfhelp/>

Self-help guides free to download by PDF and print on a range of difficulties including anxiety and depression.

Smartphone apps (found on Apple and Google Play store)

Google Calendar ([Apple Store](#) & [Google Play Store](#))

Daylio – diary mood tracker ([Daylio Webpage](#))

Relax Melodies – relaxing sounds to help you sleep ([Apple Store](#) & [Google Play Store](#))

Sleep Cycle – tracks and analyses your sleep ([Sleep Cycle Webpage](#))

Websites

Mind – <https://www.mind.org.uk/>

Mental Health Foundation – <https://www.mentalhealth.org.uk/>

NHS – <https://www.nhs.uk/mental-health/>

Mood Juice – [Sleep Problems - Self-help Guide](#)

Useful contacts...



Talking Therapies:

0300 365 2000

(Open 8am to 8pm Monday to Thursday
8am to 5pm Friday)

Email:

talkingtherapies@berkshire.nhs.uk

Other contacts:

Berkshire Crisis Team:

0800 129 9999

(24 hours, specialist service for
immediate mental health crisis)

Samaritans:

116 123

(24 hours, confidential listening service)

NHS Direct / out of hours:

111

(24 hours, physical and mental
health concerns)

In an emergency always call 999

