

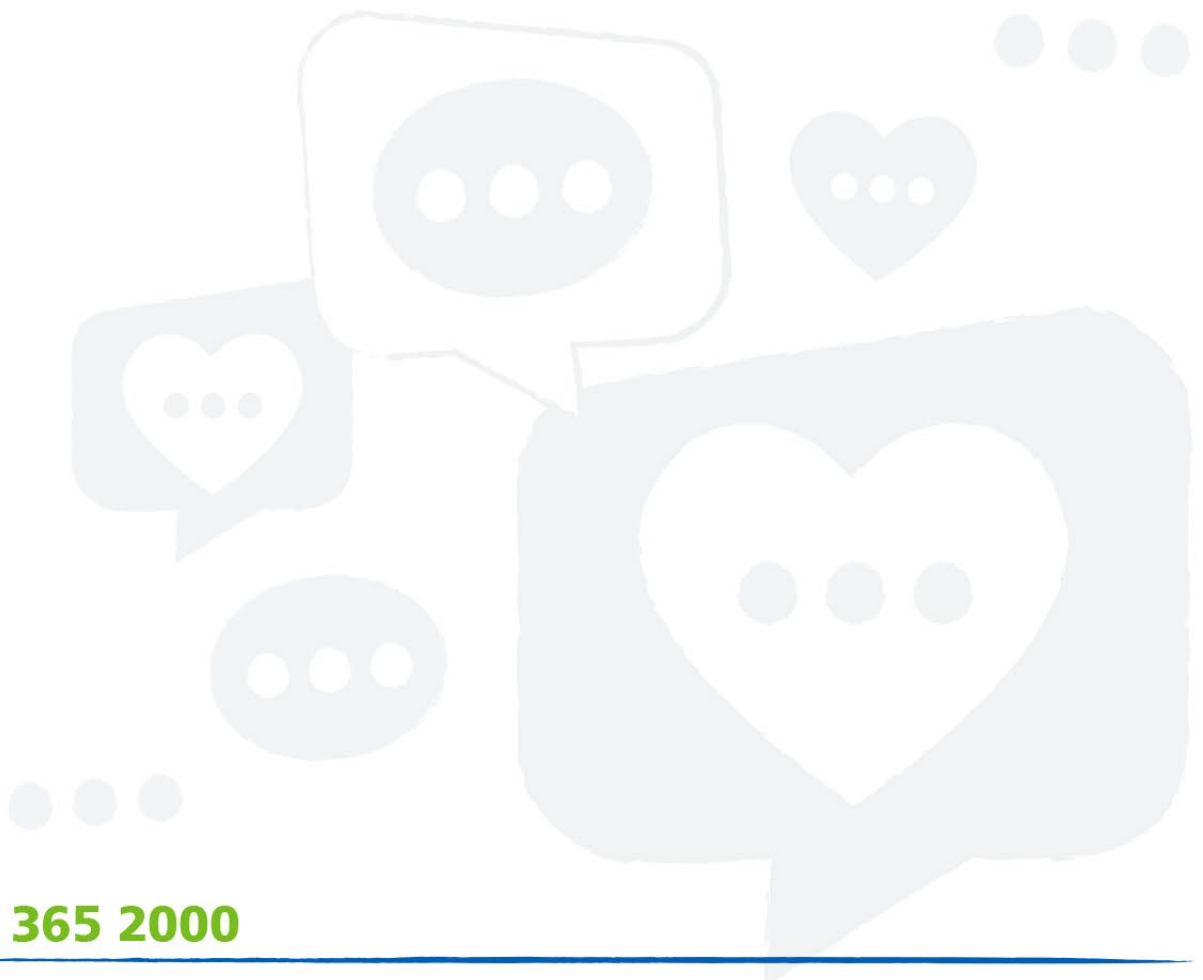


Talking Therapies  
**Workbook...**

**Workbook 11**

# Sleep restriction

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



# The importance of association

## Do you associate bed with sleep?

**If we spend lots of time in bed not asleep – e.g wishing we were asleep or worrying that we are not asleep and how we might feel the next day – then we start to associate our bed with those negative feelings of worry and frustration.**

Our bed then becomes a place we start to dislike, which makes sleeping in it even harder because we start to dread going to bed.

We want to look forward to going to bed and associate it with the positive feelings of getting a good night's sleep. Therefore, the association between our bed and sleep plays an important role in how well we sleep.

## How will restricting my sleep help me sleep?

**You may wonder why we would want you to 'restrict your sleep further'.**

Our aim is to increase your drive for sleep by initially restricting the amount of time in bed and ensuring the time in bed is spent asleep – not doing anything else.

### Reflection

Do you have a good association with your bed? If not think about what else you use your bed for and how you can ensure you only use it for sleep.



# Is this the **right approach** for me?

## Sleep clinics

**Our sleep restriction workbook is based on CBT-I (Cognitive Behavioural Therapy for insomnia) and is recommended for people with insomnia, not other sleep difficulties.**

Difficulties such as the below are best treated through a sleep clinic. If you believe you have one of the below, please consult with your GP.

- Restless leg syndrome
- Night terrors
- Sleepwalking
- Narcolepsy
- Sleep apnoea

## Medication

**If you have been prescribed sleep medication by your GP, and have been taking this to aid your sleep, we would generally not consider you for sleep restriction.**

This is because the effectiveness of the sleep restriction is limited if you are relying on sleep medication. Please discuss with your therapist and GP about how best to move forward.



# 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.



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

# 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 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.

### Reflect

Before you try sleep restriction, have you tried all the above? What still needs to be worked on?

# Sleep restriction

## How do I improve my sleep with sleep restriction?

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 sleep efficiency
- **Step 3** – Decide on a sleep window
- **Step 4** – Apply your sleep window, record your diary

We will work through the four steps 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 the sleep diary

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 the following page, record your sleep for one week, making your timings as accurate as possible whilst not clock watching.

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 sleep efficiency

**Once you have completed your sleep diary, your therapist will talk you through how to calculate your sleep efficiency.**

We would recommend that you ask your therapist for a copy of the sleep efficiency spreadsheet so that you can continue to work out your sleep efficiency once your treatment has ended.

### Sleep efficiency below 85%

If your therapist has determined your sleep efficiency is below 85%, they will suggest you continue to Step 3 on the next page.

### Sleep efficiency above 85%

If your sleep efficiency is above 85%, we would consider your sleep to be efficient enough already and therefore your therapist will discuss with you whether sleep restriction is needed at this stage.



# Improving your sleep

## Step 3. Decide on a sleep window

A 'sleep window' refers to the period of time we will allow for sleep during sleep restriction.

This is based on the average number of hours slept from your sleep diary (i.e. not the average time in bed).

### John's sleep window

- John's average time in bed for the week of his sleep diary was **10 hours**.
- John's average time asleep however was **six hours** so this was set as his sleep window time.
- John decided to **set his sleep window as 12am to 6am**.

## Key considerations

**Whilst your sleep window time is set based on your sleep diary, there are a few things to consider when setting your sleep window timings.**

- When do you start to feel tired?
- What time do you need to be up in the morning?
- What times is it light/dark outside (if this impacts you)?

### In addition to the above:

- We recommend a minimum sleep window of five hours.
- Your sleep window should remain the same every night whilst in treatment. If you are a shift worker or have other concerns with this, please speak to your therapist.
- You should see your timings as the very earliest you can go to bed and the very latest you can wake up. Tired before your bedtime? You must wait until the bedtime starts. Reached bedtime and not feeling sleepy? Only go to bed once you feel sleepy, but still wake up at the same time.



# Improving your sleep

## Step 4. Apply your sleep window and record your sleep diary

Once your sleep window is established, work with that sleep window for one week – each night, whilst remembering to keep sleep diaries.

After one week, or in the next session with your therapist, you will re-calculate your sleep efficiency and sleep window based on the latest sleep diary as below.

## If your sleep efficiency is...

### Below 80%

- Decrease your sleep window by 15 minutes.
- In John's example he would decrease his 12am – 6am sleep window to either 12am – 5.45am or 12.15am – 6am.

### 80 – 85%

- Leave your sleep window the same and continue to keep a sleep diary.

### 86% +

- Increase your sleep window by 15 minutes.
- In John's example he would either increase his 12am – 6am sleep window to 11.45pm – 6am or 12am – 6.15am.

Repeat steps 3-4 as necessary until you reach a sleep efficiency of 90% or feel that your sleep is now good and no longer an issue.



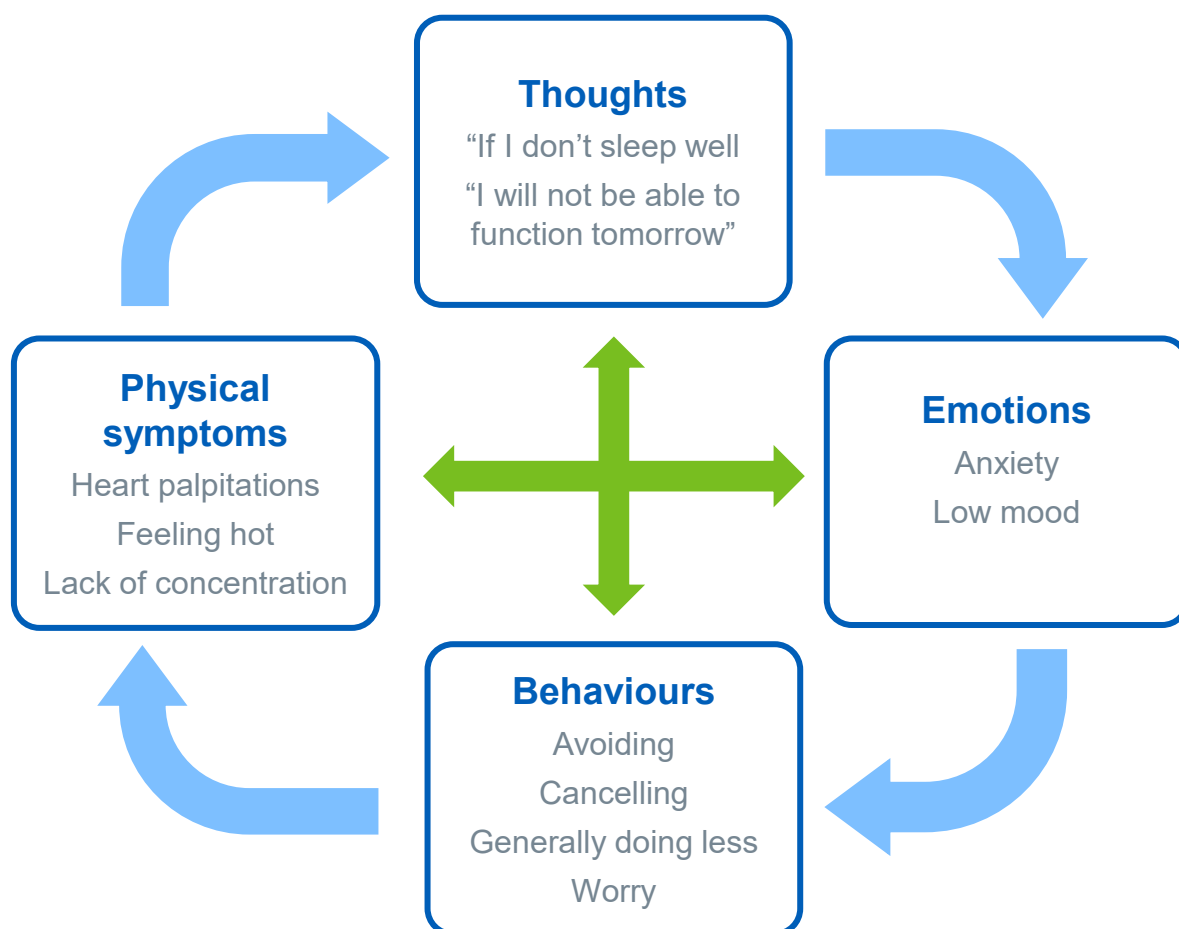
# Thoughts

## How do our thoughts affect our sleep?

It is also important to consider how our thoughts can impact our sleep.

When we have had difficulties sleeping for a long period of time, we can get stuck in some negative thought cycles.

Here's an example:



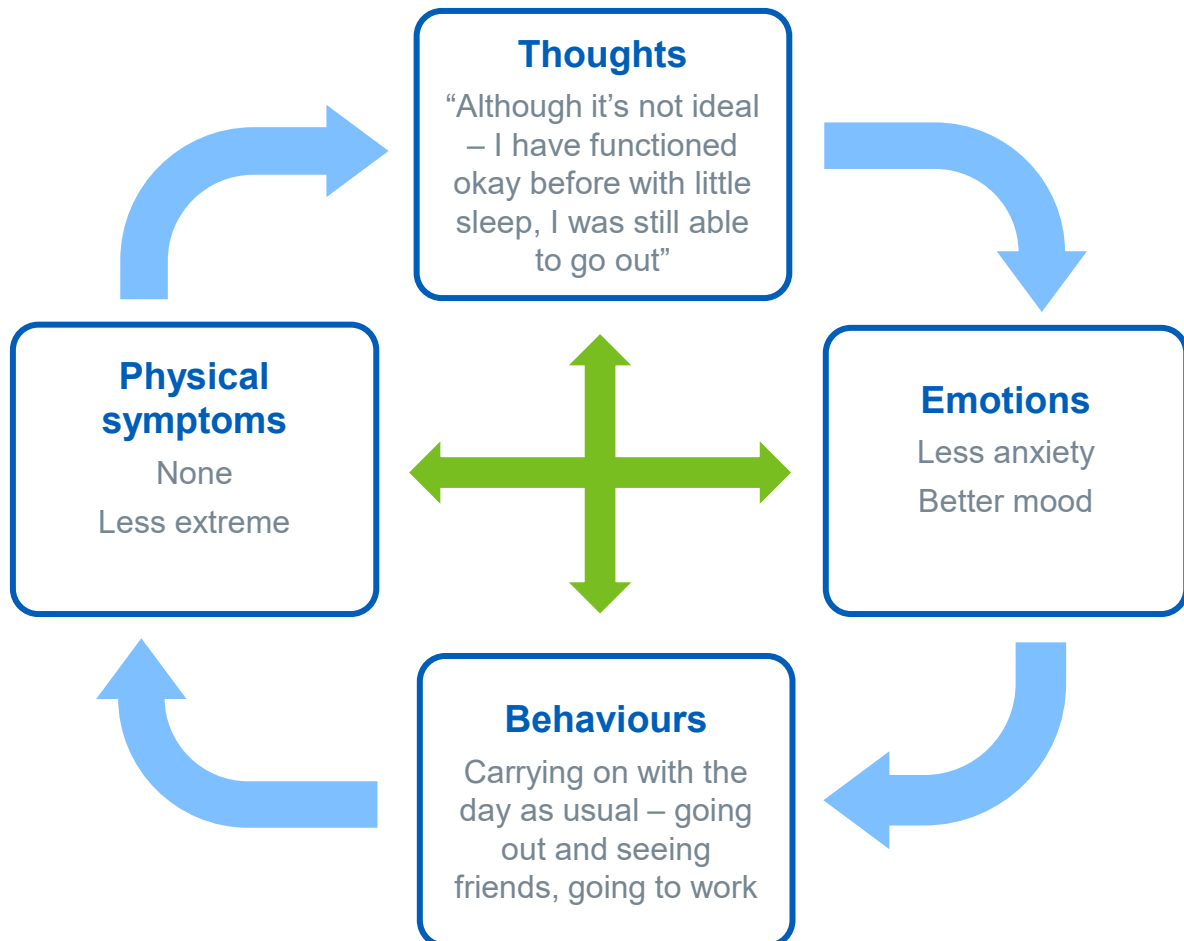
### Reflect

Can you relate to this cycle? If so, see next page for a more helpful cycle

# Thoughts

## Helpful thought cycle

See the below alternative thought cycle which may be more helpful.



## Myth busting

### Everyone's need for sleep is different.

The average adult sleep duration varies from 5-10 hours per night. It is also normal that as we age, we need less sleep and tend to expend less energy day-to-day.

It's therefore normal for your sleep to be less than previous years and does not always mean it's a problem.



# Additional workbooks

We also provide workbooks on the following areas:

- Relaxation
- Worry
- Problem solving
- Thoughts

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](#) and [Google Play Store](#))

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

**Relax Melodies** – relaxing sounds to help you sleep ([Apple](#) and [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](mailto: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**

