



**ROUTINE WAKE TIME:**

**ROUTINE SLEEP TIME:**

### DAILY DO's

- Write in your Sleep Diary (paper or on phone app "CBT-i Coach").
- Create quiet time before bed to "wind down" - light activities.
- Shower a few hours before bedtime to cool down.
- What's on your mind? Schedule a time during the day to plan, address, and work on concerns or tasks you worry about.
- Work out > 30 minutes daily, and keep a routine.
- Only use bed for sleep and sexual activities.
- Make a list of relaxing activities or light tasks to do, and keep it handy in case you have trouble falling asleep.



## Insomnia PowerPlan

### HABITS TO BREAK

- Caffeine 6-8 hours before bed can interfere with sleep.
- Napping in the day affects your sleep at night. If you really need to, take a short nap (< 1h) before 3:00PM.
- Bed no-no's: Using the bed to read, to "just lie on", to do work. Your brain will associate the bed with "work".
- Worrying and clock-watching in bed can prevent you from sleeping. Turn the clock away from your bed. Schedule time during the day to address your concerns.
- Exercise too close to bedtime can keep you awake. Avoid exercising 4-5 hours before bedtime.
- Smoking within 2 hours of bedtime can make you wake up with cravings in the middle of the night.
- Drinking alcohol 3-4 hours before bedtime can decrease the quality of your sleep.
- Checking your devices before bed can tell your brain to stay awake. Avoid screen time 1-2 hours before bedtime.
- Heavy meals before bed can cause acid reflux and indigestion, which can wake you from sleep. A light snack before bed instead is appropriate.



### GOOD SLEEP ENVIRONMENT

- Low noise
- Bed only for Sleep/Sex
- Dark Room
- Undisturbed Sleep
- Comfortable Temperature
- Devices away from bed



### HELPFUL RESOURCES

- ★ Cognitive Behavioural Therapy for Insomnia:
  - \* CBT-i Coach - iPhone/Android phone application
- ★ Canadian Sleep Society: <https://css-scs.ca/>
- ★ CSS Info on Insomnia: <http://bit.ly/2EhyiuP>
- ★ Top Alberta Doctors - Sleep Diary: <http://bit.ly/2nIQ1ks>
- ★ Relaxation Techniques: free guided imagery scripts, body & thought awareness, progressive muscle relaxation, breathing exercises (phone applications)
  - \* Stop, Breathe & Think
  - \* Calm
  - \* Omvana
  - \* Aura

### CAN'T FALL ASLEEP?



- Get out of bed. Find your list of relaxing activities and pick one to do to re-associate bedtime with relaxation & sleep.
- Try to go to bed again in 20-30 minutes. Repeat these steps if necessary.

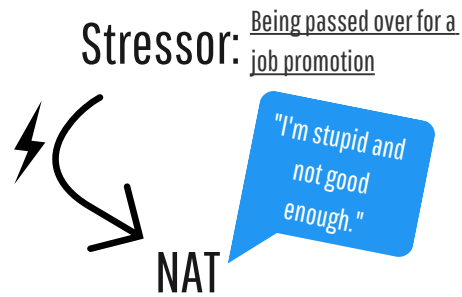


Sleeping medications are not as effective as Cognitive Behavioural Therapy (CBT-i) for insomnia. They also carry side effects. Your doctor will work with you to develop healthy habits and thoughts for sleep via CBT-i, and reduce medications you need to sleep.



# STRENGTHEN YOUR MIND: GET GOOD AT RE-FRAMING YOUR THOUGHTS

Our brains are wired to respond to stress by reflexively creating "**negative automatic thoughts**" - or NATs, for short. Responding to stress by creating NATs can cause anxiety, distorting and "catastrophizing" a situation beyond its severity.



## Sleep Better, Worry Less: Cognitive Restructuring



### APPROACH: "Stop. Breathe. Re-Frame."

During your day, be aware of your NATs. When you identify one:

1. **STOP.** Don't let your thoughts go out of hand.
2. **BREATHE.** Focus on breathing using your belly muscles.
3. **REFRAME.** Analyze your thoughts using the Reframing Strategies.

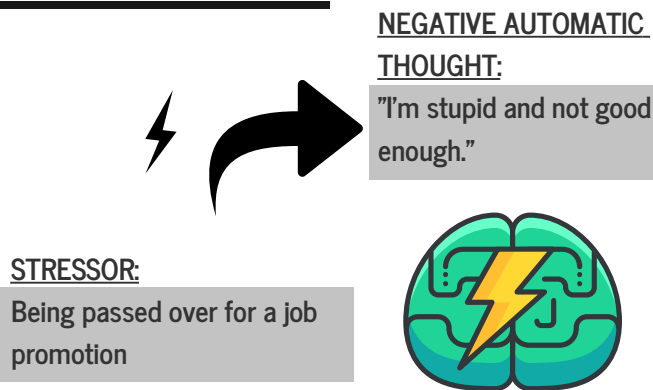
#### OTHER RE-FRAMING STRATEGIES:

- **Double Standard** - If your friend were in your shoes, would you think that same of them?
- **Reflect on Past Experience** - Did something similar happen before, and in the end what happened? Did you end up OK?

### Ask the 10 Re-Framing Questions

1. Is this really true?
2. Am I overemphasizing negatives?
3. What's the worst that can happen?
4. How do I know for sure it'll be that way?
5. Are there any positives here?
6. Am I catastrophizing this situation?
7. Is there another way to look at this?
8. What difference will this make in a year?
9. If I had 1 month to live, is this important?
10. Am I using the words "always", "worst", "terrible", or "horrible" in my thoughts?

### REFRAMING WORKS.



"...Maybe I am overemphasizing the negatives. I did get a raise earlier this year."

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"I work hard and I've achieved a lot to get to where I am. I am not stupid - I am intelligent, and working towards a better me."

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"At least I have a stable job. In 1 year's time, or if I only had 1 month to live, this news doesn't really matter to me."

⋮

The above strategy is proven in research to help your mind become more aware of cognitive bias and address them early. **This can ultimately help with sleep and anxiety problems!**