



CBTi



WEEK 4

Welcome Back !

Mindfulness



AGENDA

1. Review of sleep diaries and new bed times
2. Calculation again for sleep diaries
3. Sleep efficiency

WELCOME BACK!

SLEEP DIARIES

- Did anyone have any trouble calculating their sleep?
- Anyone have trouble with their new bedtime?
- What if anything did you notice?
- Are you falling asleep more quickly?
- Are you feeling rested in the morning?



QUESTIONS ?



CALCULATION FOR SLEEP DIARIES

We now have plenty of time to work through the calculations together, and to review how to do the calculation together.

Anyone want to volunteer to use their sleep diaries for calculations ?



SLEEP EFFICIENCY

- Is the percentage of time spent in bed actually sleeping



More calculations But don't worry it's easy!

SLEEP EFFICIENCY

Sleep Efficiency is Total Sleep time (TST) divided by time in bed x 100

$$\text{Sleep efficiency} = \frac{\text{Time asleep}}{\text{Time in bed}} \times 100$$



SLEEP EFFICIENCY

- Let's use last week's example from the sample sleep diary.

We calculated the average time asleep was **6.6 hours**

We also calculated the time in bed was **8.6 hours**

SLEEP EFFICIENCY

$$\text{Sleep efficiency} = \frac{\text{Time asleep}}{\text{Time in bed}} \times 100$$

$$\text{Sleep efficiency} = \frac{6.6}{8.6} \times 100$$
$$= 76.74 \%$$

Round to = 77%

Therefore sleep efficacy is = 77%

I CALCULATED SLEEP EFFICIENCY ... NOW WHAT?

If your sleep efficiency is.....

Sleep Efficiency %	Bed time
84% or less	Set your threshold bedtime 15 minutes LATER this week
85%- 89%	Stay the course... You're doing great!
90 % or greater	Set your threshold bedtime to 30 minutes EARLIER this week. Increase each week until you feel rested

SLEEP EFFICIENCY

- Once you are sleeping through the night, the ultimate goal of sleep scheduling is to expand your sleep window to the amount you need
- Eventually, this process will reach a point where you will be sleeping as much as is needed.
- If you are not there yet, you are normal. ***It often takes a few weeks of sleep scheduling adherence for a new sleep pattern to stabilize.***

The good news is...

... is that research has shown that sleep restriction therapy is the most effective insomnia treatment

... It works as well as medication with a longer- lasting effect.

Remember...

... It takes several weeks of diligent dedication to altering your sleep schedule in order to see results.

...You may feel sleepier and experience more disrupted sleep initially.

Stick with it and your insomnia will improve

HOMework

Remember sleep diaries every morning!

Remember “***short term pain for long term gain***” – you have gone this long without sleeping well, you can go a couple of weeks with restricting your time in bed

Remember you weren't sleeping during those hours in bed, so ***you aren't actually losing any sleep.***

See you next week!