



# CBTi



## WEEK 6

Welcome Back !

# Mindfulness



# AGENDA

1. Review progress, challenges, etc.
2. Sleep Hygiene
3. Behavioral experiment
4. ACT Matrix





# PROGRESSES AND CHALLENGES

CHALLENGE

How is it going so far?



# SLEEP HYGIENE

- Over the next couple of weeks, I will ask you to consider your sleep hygiene factors and choose at least one behavioural experiments that might help improve your nighttime experience.
- Try each one for ***at least 5 days***, and try only ***one at a time***.



# LIFESTYLE FACTORS:

## CAFFEINE:

- Caffeine 'wakes up' the nervous system; too much caffeine in the evening is very good at keeping us awake!
- While most of us know caffeine is found in coffee and tea, watch out for other products we may consume near bedtime like chocolate, soft drinks etc.

## POSSIBLE BEHAVIOURAL EXPERIMENT:

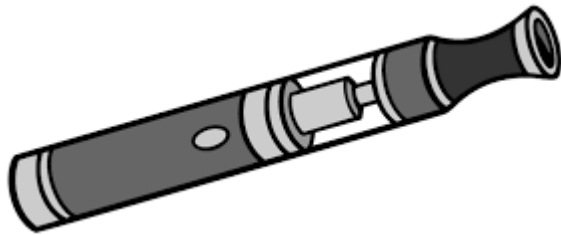
- Avoid caffeine 4-6 hours before bedtime; check product labels in the
- evening.



# LIFESTYLE FACTORS:

## **NICOTINE/VAPING:**

- Although many smokers/vaping find cigarettes/vape 'relaxing', the overall effect of nicotine on the body is arousal. Smokers also tend to awaken at night craving a cigarette, and many will get out of bed to smoke.



## **POSSIBLE BEHAVIOURAL EXPERIMENT:**

- Try to cut down on smoking/vaping in the evening, and avoid smoking/vaping if you wake up at night.



# LIFESTYLE FACTORS

## ALCOHOL:

- Alcohol does 'relax' the nervous system; however, as it is metabolized, mild withdrawal symptoms can wake us. Alcohol also causes dehydration; you may wake up thirsty or have to urinate more often during the night.



## POSSIBLE BEHAVIOURAL EXPERIMENT:

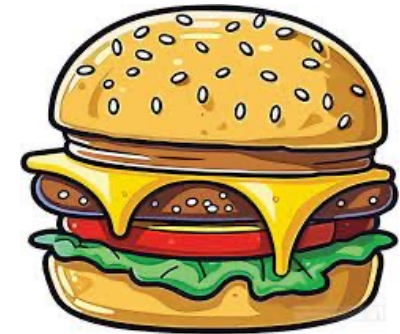
- No 'nightcaps' – avoid consuming alcohol from 4 hours before bedtime.



# LIFESTYLE FACTORS

## DIET :

- Hunger can cause wakefulness; however, so can going to bed too full, when the body's digestive system is hard at work.



## POSSIBLE BEHAVIOURAL EXPERIMENT:

Avoid large meals close to bedtime. If you are hungry when going to sleep, have a light snack.

# LIFESTYLE FACTORS

## EXERCISE:

- People who exercise regularly have better quality sleep. However, strenuous exercise right before bedtime 'wakes up' the nervous system and can impair the ability to fall asleep.



## POSSIBLE BEHAVIOURAL EXPERIMENT:

- Exercise regularly in the afternoon or early evening. Do not engage in strenuous exercise to "tire yourself out" near bedtime.

# BEDROOM FACTORS

## NOISE:

- Unexpected loud noises can rouse people out of the deepest sleep stages, but even lighter sounds that we adapt to (e.g. traffic) can disrupt our sleep. Although these sounds may not wake us, sleep is often lighter as a result.

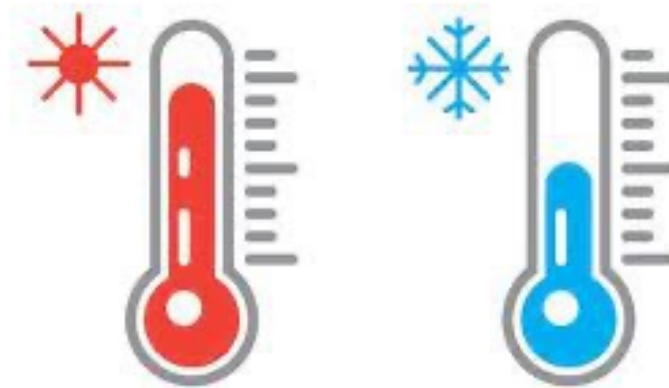


- **POSSIBLE BEHAVIOUR EXPERIMENT:** Cease continuous sounds at night if possible; experiment with ear plugs or white noise.

# BEDROOM FACTORS

## ROOM TEMPERATURE:

- Temperature is an issue at either end of the spectrum. A room that is over 24C (75F) or under 12C (54F) can interfere with sleep.



## POSSIBLE BEHAVIOUR EXPERIMENT:

- Set your bedroom to a cool temperature, likely around 18C (64F).



# BEDROOM FACTORS

## AIR QUALITY:

- A stuffy room often makes for poor sleep, while fresh air promotes sleep.



## POSSIBLE BEHAVIOURAL EXPERIMENT:

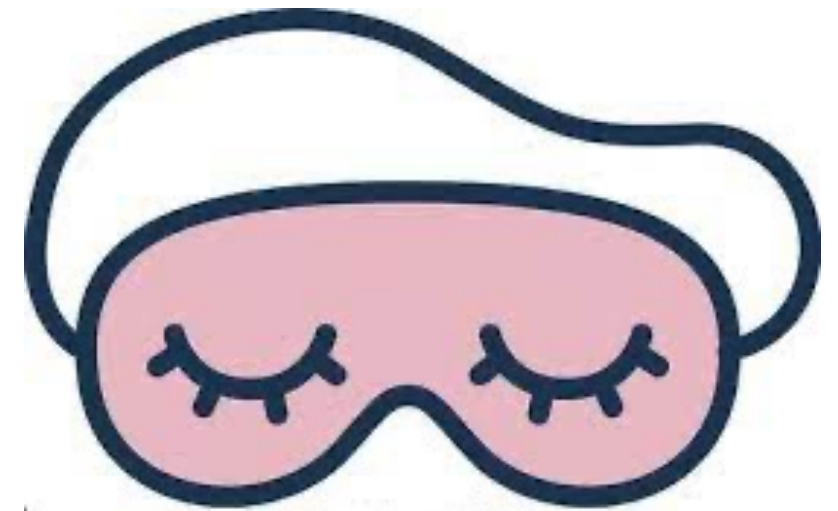
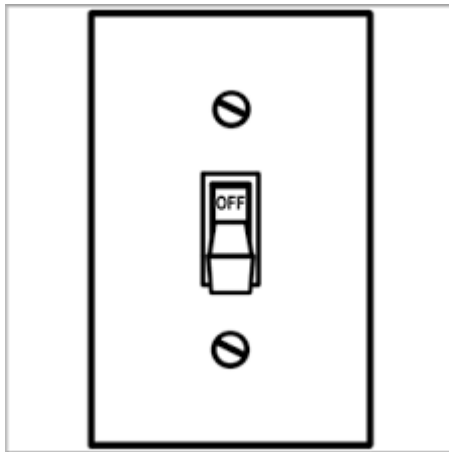
- Put on a humidifier



# BEDROOM FACTORS

## LIGHTING:

- Ambient light can contribute to wakefulness since it adjusts our circadian rhythm. Even artificial light can have this effect.



## POSSIBLE BEHAVIOURAL EXPERIMENT :

- Experiment with using a sleep mask.

# BEDROOM FACTORS

## **MATTRESS & PILLOWS :**

- Old or uncomfortable mattresses require replacement. However, even new beds may be uncomfortable if they are not your ideal firmness.



## **POSSIBLE BEHAVIOURAL EXPERIMENT :**

- Replace worn out mattresses/pillows; experiment with firmness (board under mattress?) and pillow positions.

# BEHAVIOURAL EXPERIMENTS

**Behavioural experiment** : We use the word ‘experiment’ because the outcome is never a ‘pass’ or ‘fail’, you simply get information about what seems helpful in each attempt.

- If the ‘experiment’ you choose to try does not work or is not helpful, try a different one
- If possible, **try each experiment for at least 5 nights** to see if your sleep improves over time.
- Find what works for you!





# ACT MATRIX- CHOICE POINT

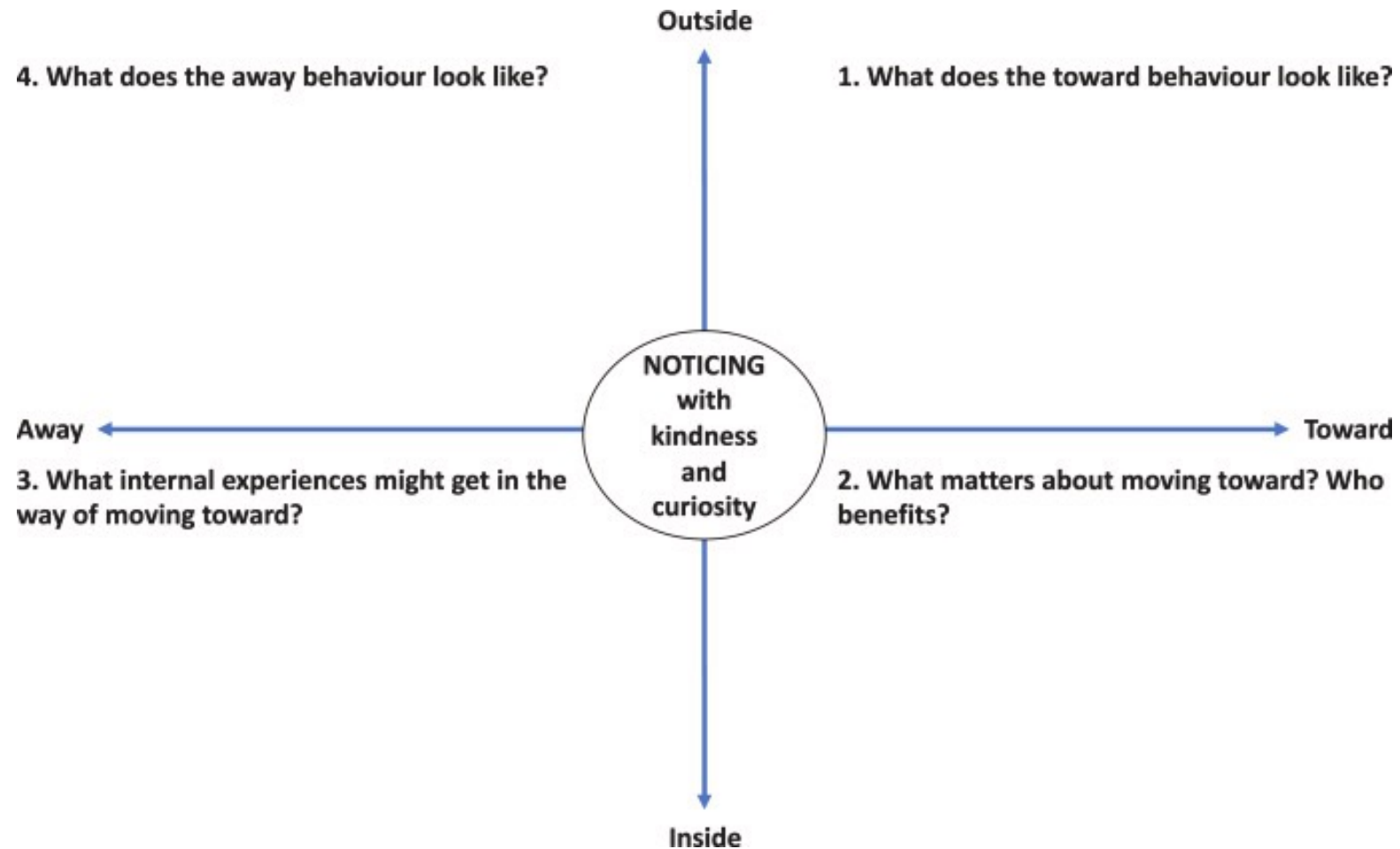
Before we look at the act matrix, first we look at the choice point and which direction we want to go.



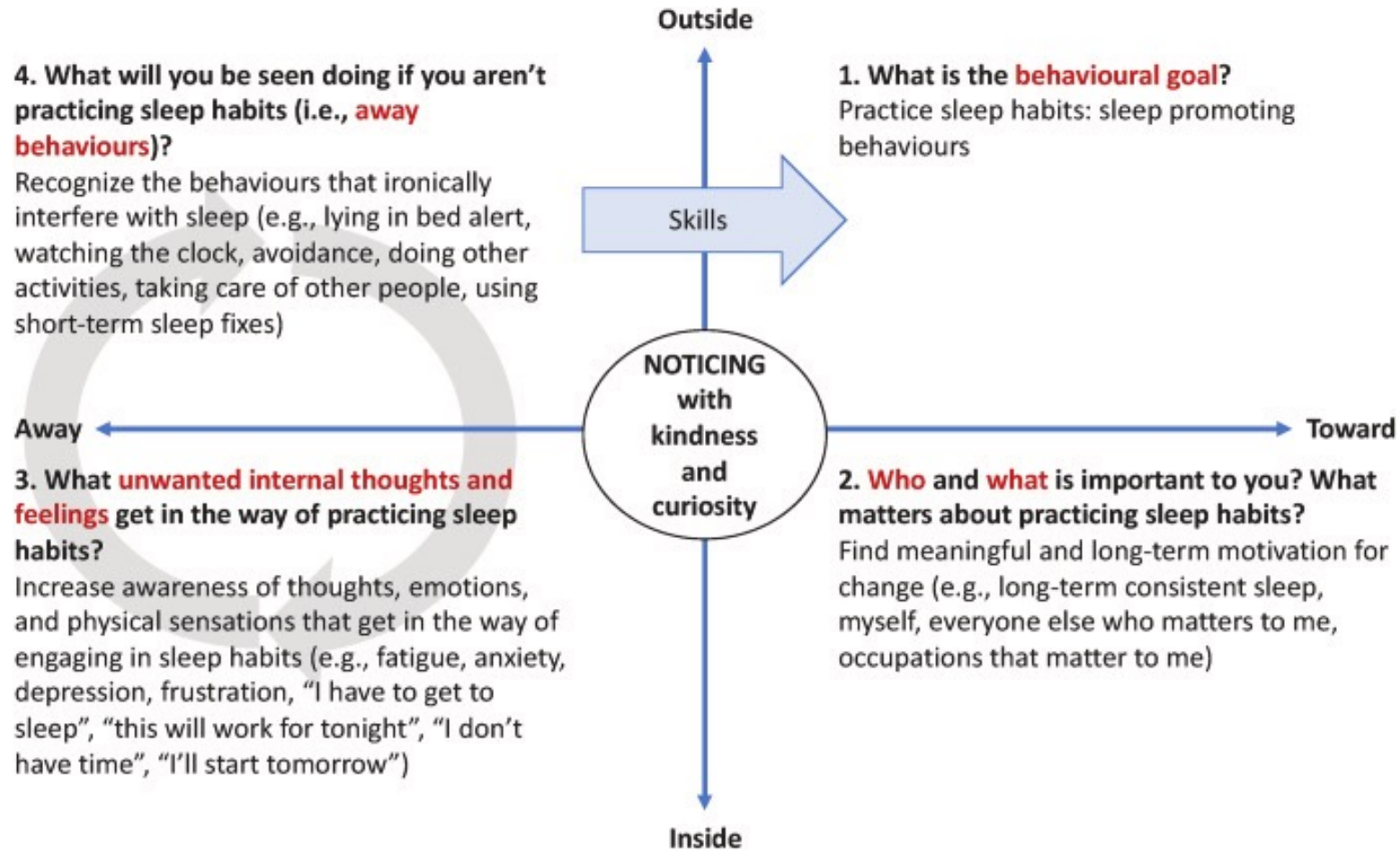
# ACT MATRIX



# ACT MATRIX



# ACT MATRIX





# PLANNING FOR THE FUTURE

- Although we don't want our insomnia to come back sometimes we experience stress, anxiety, sadness and other life events that can impact our sleep
- DON'T PANIC

## ***Things you can do if your insomnia returns are :***

1. Reviewing an action plan (which we will go through next time to create)
2. Completing sleep diaries
3. Reviewing the CBT/ ACT strategies

**\*\*\* Remember you can review the CBT-I steps at any time \*\*\***

# HOMework

- Behavioural experiment
  - ACT MATRIX
- Continue with you sleep diaries
- Continue adjusting your bedtimes based on your sleep efficiency

SEE YOU **THURSDAY NOVEMBER 28<sup>TH</sup>, 2024**

**\*\*\*Remember next session is in 2 weeks  
(not the usual 1 week apart) \*\*\***