

# CBT-I Session 2:

# Reconnecting your Bed with Sleep

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**Acknowledgment:** Presentation and Program developed from the Office of Professional Development and Educational Scholarship (Queen's University Faculty of Health Sciences).

# Agenda

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Review

Sleep Drive, Body Clock and Arousal

Six Steps To Solid Sleep

Sleep beliefs

Healthy sleep habits

Calculating sleep efficiency

Your Sleep Prescription

Homework

# CBT-I

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Sleep is regulated by 3 factors:

- 1) Sleep Drive
- 2) Body Clock
- 3) Arousal System

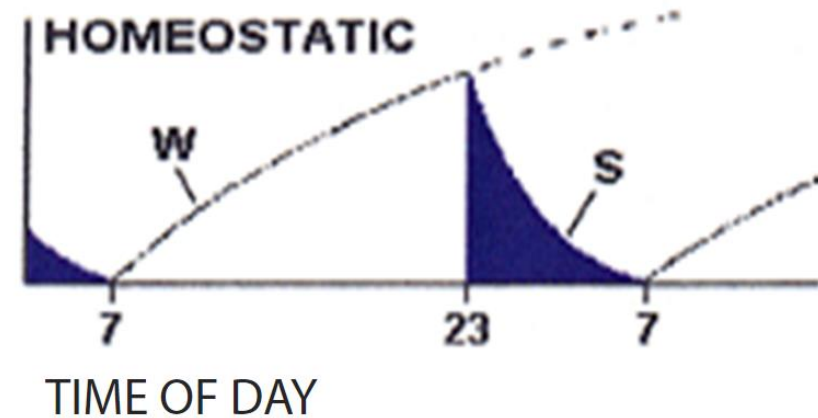
# Sleep Drive

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Built over the course of the day like blowing up a balloon

Factors that reduce sleep drives:

- spending time in bed awake
- napping
- decreased activity throughout the day



# Body Clock

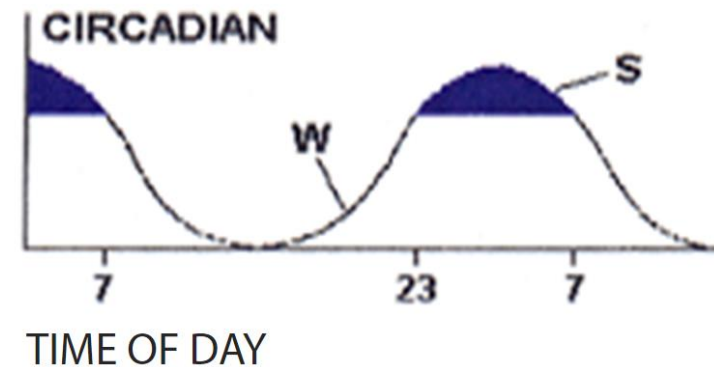
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Our body clock matches with the 24 hour day for natural sleep/wake cycle

Factors that interfere with our body clock:

- travelling to a different time zone
- "social jet lag" – e.g. late night partying

Improper use of sleep medications



# Arousal System

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This is our protective system that allows us to respond to dangerous threats

Factors that lead to hyperarousal with impact sleep:

- conditioning (Bed = wakefulness = tossing and turning)
- external (e.g. an interesting movie, the news)
- internal (e.g. worrying, pain)

# Six Steps to Solid Sleep

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1. Go to bed only when sleepy and not before your threshold bedtime. \_\_\_\_\_ Fill in the threshold bedtime that you are setting for the upcoming week.
2. Maintain a regular threshold rise time in the morning. \_\_\_\_\_ Fill in your threshold rise time (usually the same as before).
3. Use the bed only for sleeping. Sexual activity is the only exception. Do not watch television, use electronic devices, eat, or read in bed.
4. Leave the bed if you can't fall asleep or go back to sleep within 10-15 minutes. Return when sleepy. Repeat this step as often as necessary during the night.
5. If sleepiness is overwhelming, you may take a short nap (set aside no longer than 45 minute) in the afternoon, between 1:00 and 4:00 p.m.
6. Maintain a sleep diary

# Sleep Beliefs

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Why is checking in with your beliefs important?

Complete “My Beliefs about Sleep” questionnaire and hand back to facilitators

We can challenge our beliefs about sleep through experiments



# Test your Beliefs

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I can't function without 8 hours of sleep

- Functioning is not all or nothing. Do you know people who function well on less sleep? What is the worst that could happen if you had a bad sleep? How could you cope? EXPERIMENT?

I must control my sleep

- What if it is the opposite? What if control undermines your bodies natural ability to sleep? Your sleep system will take care of itself.
- What are you trying to control (wake time, sleep time etc)? Consider your beliefs about what you think you or others should do based on your values. EXPERIMENT?

# Test your Beliefs

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Now look at the list on the “Beliefs to Challenge” sheet.

Identify one or two beliefs. Devise a plan to challenge these beliefs through a behavioural experiment.

Use the App to track and calculate your sleep

The screenshot shows the VA Mobile app store page for the CBT-i Coach app. At the top, the VA logo and the U.S. Department of Veterans Affairs seal are displayed. Below this, the VA Mobile logo is prominent, followed by navigation links for VA App Store, Support, App Team Resources, and About. The main content area features a back arrow labeled 'App Store', the app icon for CBT-i Coach (depicting a moon and stars), the app title 'CBT-i Coach', a 3.8-star rating from 161 votes, and two buttons for downloading the app on iOS and Android.

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CBT-i Coach

★★★★☆ Average: 3.8 (161 votes)

iOS Download Android Download

# Calculating Sleep Diary- Manually

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How much sleep did I get for the amount of time I was in bed?

1. Time in bed

-time between bedtime (Q#1) and when you get out of bed (Q#7) (hrs to min : x60)

2. Total Sleep time ( Total Time in Bed Minus Total Wake Time)

-total wakefulness (time taken to turn lights out (Q#2) + time to fall asleep (Q#3) + time awake during the night (Q#5) and time between finally waking and getting up(Q#6)

3. Sleep efficiency

-total sleep time/ total time in bed X100%

REPEAT DAILY FOR AVERAGE OVER A WEEK

# Calculating Sleep Diary- Using a calculator

www.mysleepwell.ca

## Sleep efficiency calculator

Sleepwell / CBTi / Sleep efficiency calculator



### Sleep Efficiency Calculator

Answer the sleep efficiency calculator questions based on your typical night's sleep in the past week to estimate your typical sleep efficiency.

What time did you go to bed? 9:00pm

What time did you try to go to sleep? 10:00pm

What time did you fall asleep? 11:00pm

How many times did you wake up during the night? 1

In total, how long did these awakenings last (in minutes)? 60

What time was your final awakening? 6:00am

What time did you get out of bed to start your day? 7:00am

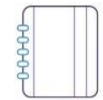
CALCULATE



See our recommended books, apps and websites and other resources to help you get your sleep back!

### Assess your sleep

Try our sleep and insomnia tools.



Sleep Diary



Sleep Calculator



Hygiene of Sleep Checklist



Insomnia Beliefs Quiz



Compare CBTi with sleeping pills

# Analyzing Sleep Diary – Sleep Efficiency

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85%-95%

- **Great Result!** When you are in bed you are spending most of your time asleep

70%-84%

- **Some opportunity for improvement.** Ideally, you should be spending a larger portion of your time in bed asleep.

<70%

- **Lots of opportunity for improvement.** You are spending more time in bed while awake than recommended. You may be finding it difficult to get to sleep, stay asleep or both.

# Analyzing Sleep Diary – Noticing Patterns

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What factors affected YOUR sleep this week?

1. sleep drive
2. body clock
3. arousal/stimulations

Where there differences between the days?

Were you busy, balanced, or bored of your activities?

Did naps, stimulants or worries affect your sleep?

# Sleep Restriction

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Matching time in bed to actual sleep time

The bread and butter of CBT-I

Why it works

We stop the sleep restriction when:

- You report sleepiness
- It takes you 10 minutes or less to fall asleep
- Sleep efficiency rises to above 90%
- Sleep is less than 5 hours



# Sleep Restriction

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If last week's sleep efficiency was:	This week's sleep prescription bedtime is:
Less than 85%	15 minutes later
85-89%	Unchanged
Greater than 90%	15 minutes earlier
Greater than 95%	30 minutes earlier

# Sleep Prescription

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## My Sleep Prescription

Bed Time:

Rise Time:

## Remember: Sleep Rules

- Get up and out of bed when you can't sleep
- Avoid daytime napping

# Healthy Sleep Habits

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See “Rules For Better Sleep Hygiene” handout

Which sleep factor (sleep drive, body clock, arousal) is the focus for each rule?

Circle the strategies you need to work on. Choose 1-2 to try this week

See “ Questions and Answers about Treatment Recommendations” Handout for clarifications

Do you anticipate anything that might get in the way of following the sleep rules? See handout.

See “Things to do if you are awake” handout

# At Home:

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Follow the “Rules for Better Sleep” handout – try one or two of these that you haven’t tried before over the next week

Try to do a behavioural experiment with your negative beliefs about sleep

Use your threshold bedtime and threshold rise time

Complete Sleep Diary on the CBT-I coach app each morning and bring in next week

**IF YOU ARE UNABLE TO MAKE A SESSION – EMAIL YOUR SLEEP DIARY THROUGH THE CBTI-I APP**

**to:**

**[cbti@mosspsychology.com](mailto:cbti@mosspsychology.com)**

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Wrap up exercise: progressive muscle  
relaxation