

CBT-I Session 5:

Relaxing Your Mind and Body

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

Review

How was your sleep?

Did you catch any unhealthy sleep thoughts?

Did you complete any Adaptive Sleep Thoughts Worksheets?

Agenda

Introducing Mindfulness and other relaxation strategies

Clear Your Head Time

Cognitive Shuffle – a strategy to fall to sleep

Analyzing our sleep

Sleep Prescription

Wrap Up

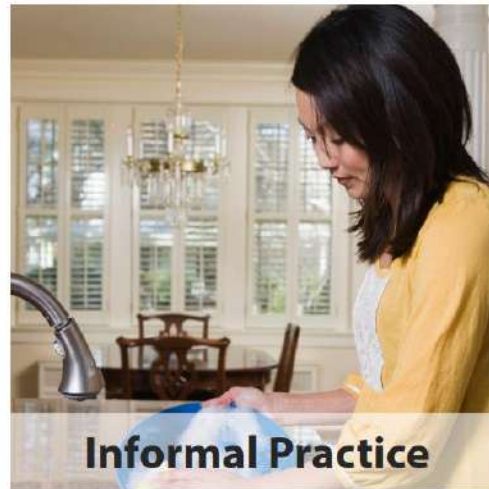
Mindfulness

Develop an observer's mind through **mindfulness**

- Pay attention in the present moment non-judgmentally
- Accept whatever thoughts/ distractions come up, then refocus attention to the present



Formal Practice



Informal Practice

Mindfulness

Formal Practice:

- e.g., mindful breathing for a set period of time, sitting meditation, walking meditation

Informal Practice

- e.g., washing the dishes, brushing teeth, noticing body sensations in bed

Mindfulness Exercises

Eating a clementine (or alternative) mindfully

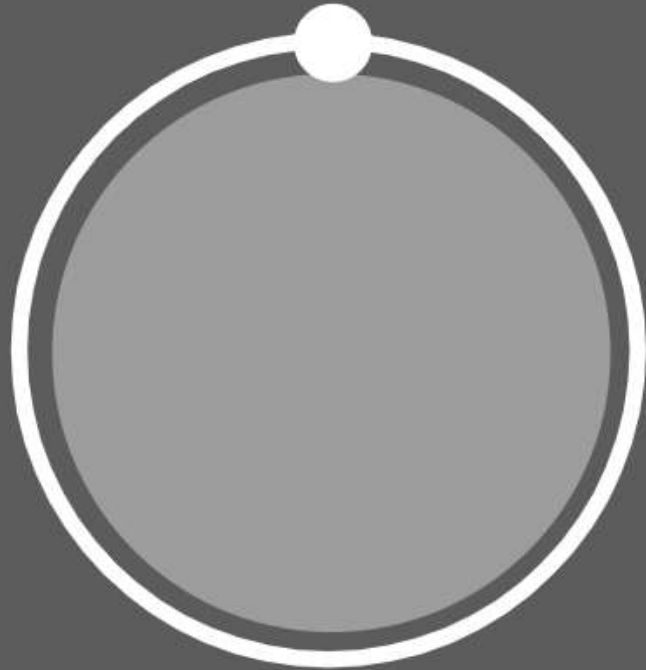
3 minute Mindful Breathing Exercise (Stop, Breathe, and Think)

Try mindfulness in everyday tasks like brushing your teeth, eating, walking etc.

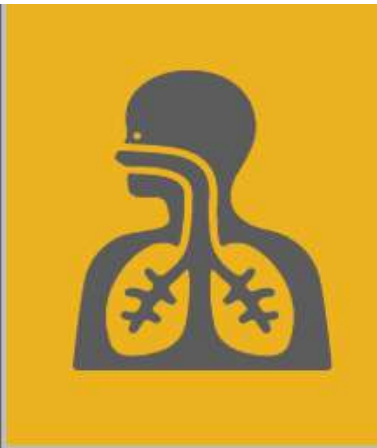
Deep Breathing

X

Slow, deep inhalations
(into the belly) and exhalations



"In 2-3-4-5, pause, out 2-3-4-5"



Deep Breathing was
our Week 1 wrap up
relaxation exercise.

Progressive muscle relaxation

Tensing and releasing muscle groups in sequence from toes to head.

X



Progressive muscle relaxation was our Week 2 wrap up relaxation exercise.

Visualization

X



Bringing to mind relaxing visual images, taking a “mental vacation”

Visualization was our Week 3 wrap up relaxation exercise.

Relaxing Your Mind and Body

Access “Tools” – and “Quiet Your Mind” in the CBT-I Coach App

A Mental Vacation:

<https://www.anxietycanada.com/articles/quick-mental-vacation>

A Body Scan:

<https://www.anxietycanada.com/articles/mindful-body-scan>

Access our online resources page

All of the techniques just discussed can be supported by accessing our audio exercises on our website:

<http://www.mosspsychology.com>

Go to “resources” then “client login”

Password: Orange828

Clear Your Head Time

1. Schedule 30 minutes in the early evening as “clear-your-head time”.
2. Take some paper and a pen or pencil with you to a quiet place (away from your bed and bedroom).
3. Sit and relax, take a deep breath, and let your thoughts and worries come to mind. Keep breathing.
4. Write each issue down on paper (no matter how big or small).
5. Do this for about 10-15 minutes, or until you can't come up with any more issues.
6. Consider each item and write down a solution, even if it is a temporary solution. For example, if your issue is that you have too much to do tomorrow, write down a realistic plan.
7. Put the paper away. You have done your work of thinking about these issues for the night

Tips:

- Put items in categories
- Write down a solution or plan, rather than just thinking about it.
- Acknowledge the issues over which you have no control
- Face each issue in a practical way
- Repeat issues: Acknowledge lack of control, reassure self that you have dealt with it
- New Issues: Write it down

Engage in “Cognitive Shuffle” Exercises

- Sleep researchers have found that as people fall asleep, they often experience visual images and “micro-dreams”. The diverse images people imagine may help them fall asleep.
- In contrast, continuing to think in a verbal, analytic, problem-solving mode can delay sleep onset.
- Picture unconnected things in your mind in succession: i.e. ‘ball, bridge, cradle, map, snowman’
- You can think of them in scenes i.e. ‘a ballerina in a snowglobe’, or imagine drawing the images with a pen.



Online resources

Relaxation Resources

Online Resources:

- Anxiety Canada audio resources – https://www.anxietycanada.com/site-search/?fwp_keywords=audio
- UCLA mindfulness resources - <https://www.uclahealth.org/marc/mindful-meditations>

Smartphone Applications:

- CBT-I Coach
- MindShift CBT
- Insight Timer
- Headspace
- MyLife Meditation
- Calm
- Ten Percent Happier Meditation

Analyzing Sleep Diary – Sleep Efficiency

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.

Sleep Restriction

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%

- Complete “Assessing Your Level of Alertness Worksheet”

Sleep Restriction

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

My Sleep Prescription

Bed Time:

Rise Time:

Remember: Sleep Rules

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

At home:

Follow “six steps to solid sleep” using your most recent threshold bedtime and threshold rise time

Use any of the low arousal reducing techniques taught today (twice per day)

Practice “clear your head time” and “cognitive shuffle”

Complete CBT-I coaching 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

Wrap Up exercise: Mindfulness exercise