

CBT-I Session 7:

Maintaining Your Progress

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

Agenda:

Review

Relapse Prevention

Program Evaluation

Sleep Prescription

Group relaxation exercise – Bringing it all together!

Final Thoughts, Reflections and Questions

Review

Have your beliefs about sleep changed since you started the program?

What are the 3 factors that affect your sleep?

How does medication interfere with sleep?

Name 3 healthy sleep habits or “rules”

How are your sleep thoughts, feeling, and behaviours connected?

What can you do to manage high arousal?

Did you try either of the nightmare protocols from last session?

Relapse Prevention

- Daily Maintenance
 - Action plan for addressing insomnia
 - Goal Setting
- Identify at risk situations
 - Sleep may suffer when stress goes up. What situations or activities impact your sleep?
 - Setbacks are normal
 - Think of poor sleep as a red flag. What will you need to do to get back on track?

Evaluation

Program Evaluation Survey : complete now and return to facilitators

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.

Pre- and Post Sleep Efficiency

Review your sleep diary and sleep efficiency calculation and compare to your initial sleep efficiency at the start of the program.

Which sleep rules and methods have you been able to incorporate consistently?

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

Follow-up

6 week follow-up phone call after the end of the group

Wrap up Exercise: bringing it all together

Final thoughts, Questions and Reflections