

# Follow-up to Sleep Session

Sleep Review 1

- This session is to be completed at the start of the follow-up appointment after the Sleep session.
- Ask the patient to bring their notes from activities completed during the Sleep session and review them together using these slides.

## Sleep Activities



- What changes did you make in your activities or in your bedroom to improve sleep?
- What experiences did you have with using sound in your bedroom?
- What time did you choose to separate 'day' and 'night' activities?

Sleep Review 2

- Discuss with the patient their experiences in modifying activities (exercise, diet, avoiding napping) and in bedroom arrangement (no TV, smartphone, lighting, temperature) to improve sleep
- What types of sounds did they try while sleeping? Sounds from fan, air purifier, sound generator, sound pillow, etc?
- Did they set a curfew for day and night activities? If so, was this helpful, and in what ways can they stick with this going forward?

## Activities

- What were your experiences using relaxation techniques?
- What were your experiences using imagery?
- Let's look at your sleep diary about food activities during the day and night.



Sleep Review 3

- Relaxation exercises, including progressive muscle relaxation and visual imagery are great techniques to facilitate sleep.
- Review which exercises and techniques were helpful, and why? Consider ways to adjust the exercises (focus on pleasant stimuli, incorporate them into daily practice) for maximum benefit. A review of these is below:
  - Progressive muscle relaxation: Start with your arms, Make a fist and tense your arms for 15 seconds, Release the tension, Breathe deeply and pay attention to

the sensation of your arms relaxing, **Continue**  
**tensing and relaxing your**  
**face, shoulders, stomach, legs**  
**and feet. When finished,**  
**release any remaining**

# tension in your body

- Visual imagery: Close your eyes, think of a relaxing scene (the beach), try to imagine the scene as clearly as you can, the smell of the water, warm sand on feet, sound of ocean, allow yourself to relax as you imagine the location in your mind.
- What food activities in the sleep diary suggest that further modifications could be made to facilitate sleep?