

Tinnitus Activities Treatment

Sleep Session

Overview

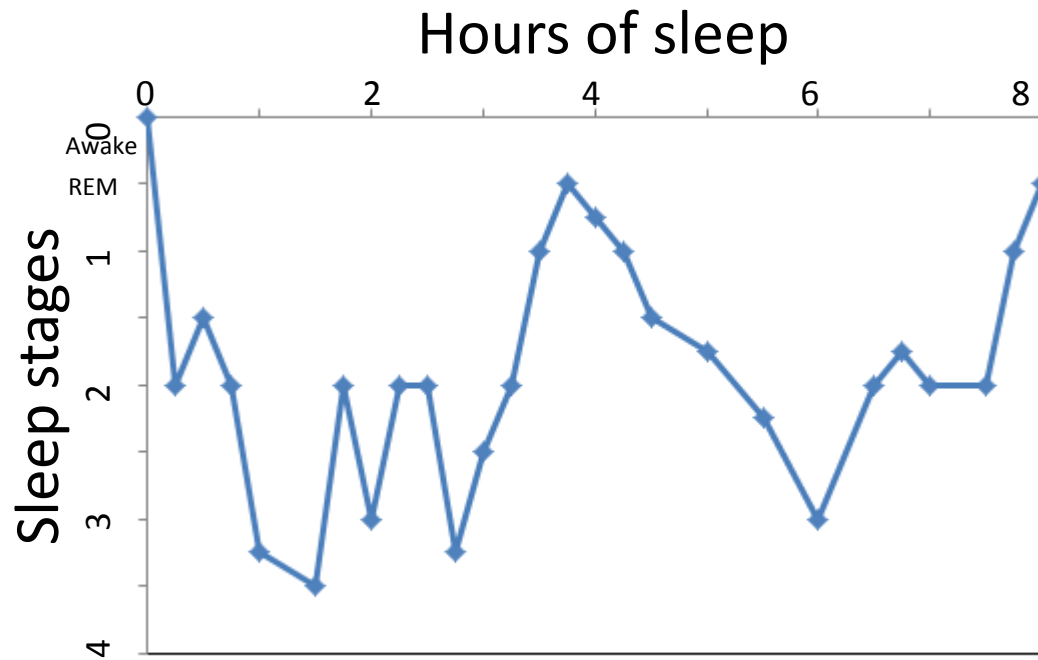
1. Normal sleep patterns
2. Things that affect sleep
3. Daytime activities to facilitate sleep
4. Evening activities to facilitate sleep
5. Preparing for sleep
6. Waking up at night
7. Waking up in the morning
8. Activities

1. Normal Sleep Patterns

- The amount of sleep varies greatly from one individual to another
 - 6.5-9 hours/night
- Normal sleep includes several periods of light sleep or awakenings
 - Older adults have more awakenings
- Tinnitus doesn't usually wake people



Sleep Cycles

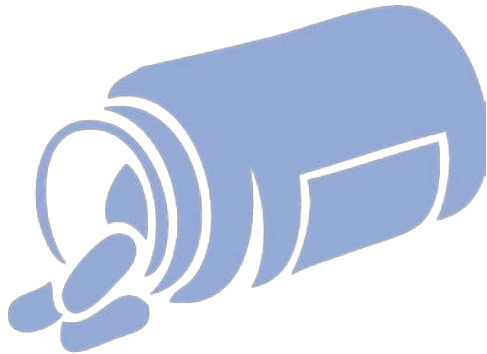


Normal sleep stages during one night. Sleep cycles from light (stage 1) to deep (stage 4). Cycles can repeat many times.

2. Things That Affect Sleep

- Stress and emotions
- Environmental factors
 - Noise
 - Light
 - Temperature
- Irregular work schedules
- Learned sleeplessness patterns
- Jet lag/time zone changes





Things That Affect Sleep, continued

- Physical conditions (sleep apnea, restless leg)
- Medications
- Caffeine (coffee, tea, cola, chocolate)
- Nicotine (smoking)
- Alcohol (excessive)
- Tinnitus

3. Daytime Activities to Facilitate Sleep

- Avoid napping
 - Don't modify behavior after a poor night of sleep
- Get regular exercise
 - 3-4 hours prior to sleep
- Lead life as normally as possible, even if tired



Evening Activities to Facilitate Sleep, continued



- Exercise during the "day" period
- Go to bed only when you are tired enough to sleep
- Sleep is best when you make the least effort

4. Evening Activities to Facilitate Sleep



- Create a curfew separating day and night
 - At least 1 ½ hours before bedtime
- After that time, avoid:
 - Stress
 - Exercise
 - Eating
 - Alcohol
 - Caffeine

Ways to Reduce Worrying at Bedtime

1

Set aside

- Set aside time before curfew to write down your worries – deal with them in the morning

2

Write

- If you think of additional concerns while sleeping, write them down and go back to sleep

3

Do

- Do this approximately 1 hour before bedtime, so that the mind is not still buzzing from your concerns

A bedroom scene with a bed, a lamp, and framed pictures on the wall. The text 'Arranging Your Bedroom' is overlaid in white.

Arranging Your Bedroom

- Eliminate:
Television,
laptop, phone,
food/drink, etc.
- Add:
Comfortable
mattress,
pillows, blankets,
etc.
- Darken the
bedroom
- Set temperature
to 58° to 68° F

5. Preparing for Sleep

- Listen to low-level background sound
 - Fan, humidifier
 - Smartphone App
 - CDs, radio
 - Sound generator
- Helpful to control the level



Choose soft,
pleasant sounds
you enjoy

- Music
 - Calm, soothing,
steady, classical
- Sounds of nature
 - Waves, rain
- Broadband noise
 - 'ssshhh'



Ways to Play the Sound

- Sound present all the time
 - Don't have to think about it, just part of your bedroom
- Sound present all night
 - Helpful if you wake up during night
- Sound as you get to sleep (use timer)
 - Can be easier for a sleeping partner
 - Sound that goes off at night can wake you up



Sound and Your Sleeping Partner

- Play sound that you both agree is pleasant
- Use a pillow loudspeaker that only you will hear
- You can go to sleep first listening to sound that turns off with a timer



5. Preparing for Sleep with Relaxation

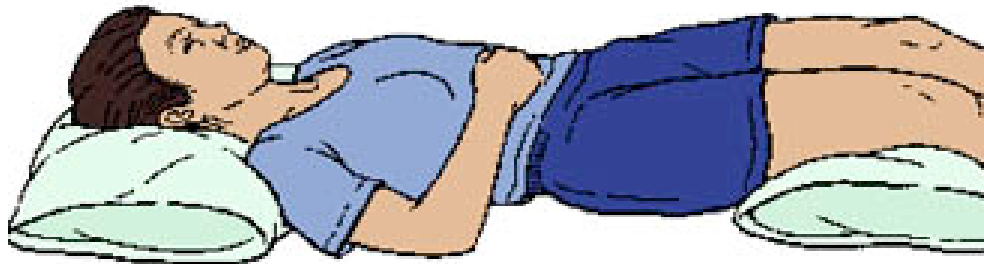
Techniques:

- Progressive muscle relaxation
- Visual Imagery



Progressive Muscle Relaxation

- Learn to systematically tense and relax groups of muscles
- With practice, you will recognize a tensed muscle vs. a relaxed muscle
- This skill allows you to produce physical muscular relaxation at the first signs of tension





Progressive Muscle Relaxation

Completed in two steps:

1. Deliberately apply tension to certain muscle groups
2. Stop the tension and focus on how the muscles feel as they relax

Progressive Muscle Relaxation- Practice Exercise



1. Start with your arms
2. Make a fist and tense your arms for 15 seconds
3. Release the tension
4. Breathe deeply and pay attention to the sensation of your arms relaxing

Practice Exercise--continued

5. Continue tensing and relaxing the following muscle groups:
 - Face
 - Shoulders
 - Stomach
 - Legs and feet
6. When finished, release any remaining tension in your body

Visual Imagery

- Similar to daydreaming
- Attention is focused on some type of sensory experience
 - Creating novel mental images
 - Recalling past places and events

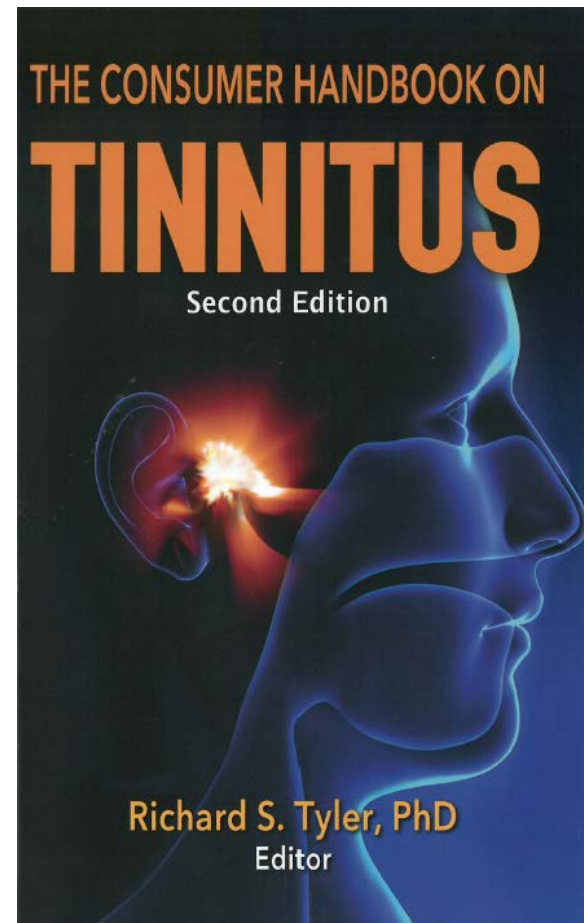
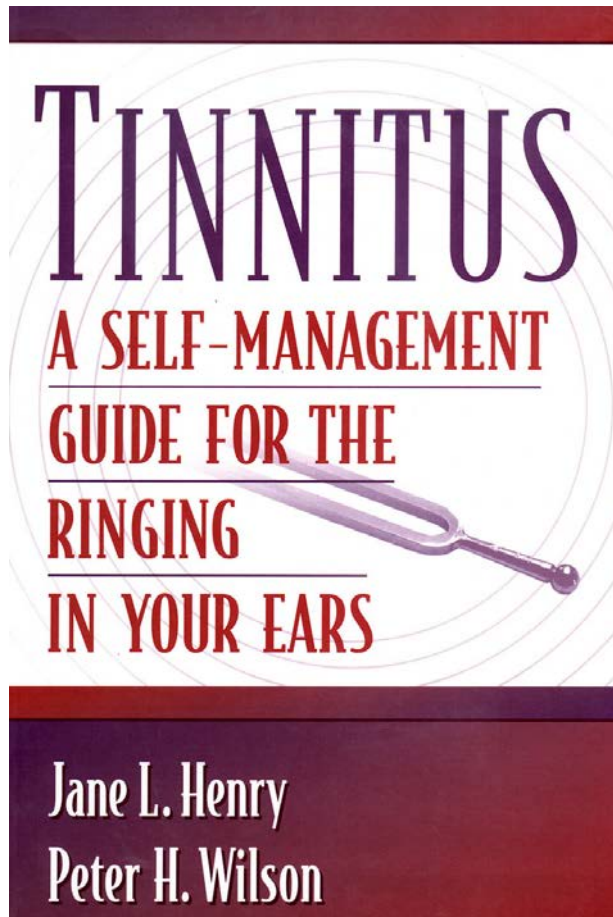




Visual Imagery - Practice Exercise

1. Close your eyes
2. Think of a relaxing scene (the beach)
3. Try to imagine the scene as clearly as you can
4. The smell of the water, warm sand on feet, sound of ocean
5. Allow yourself to relax as you imagine the location in your mind

Self-help books on Progressive Muscle Relaxation and Imagery Training



6. Waking Up At Night

- Do not lie in bed if you are unable to fall or stay asleep
- Find something to do and return to bed when you feel tired
- Use background sound

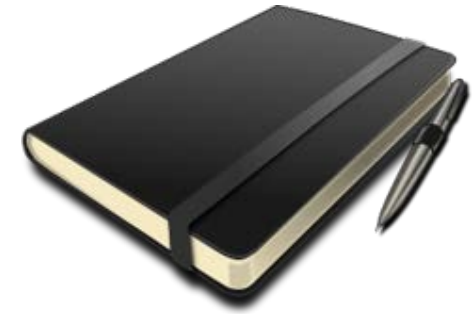


7. Waking Up In The Morning

- Get up at the same time every day
- Allow the sunlight to wake you up



8. Activities



- What things may be affecting your sleep?
- Could you change your activities or arrange your bedroom differently to improve sleep?
- Utilize the daytime and evening activities to facilitate sleep
- Prepare for sleep using relaxation techniques and background sounds
- Maintain a sleep diary if problems persist