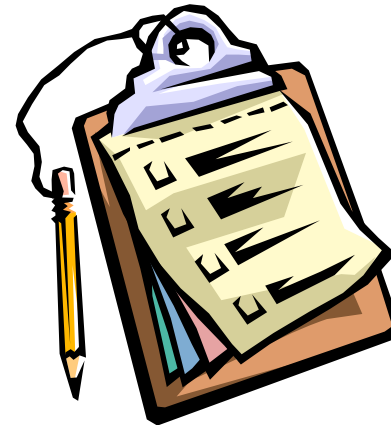


Sleep

Session 6

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

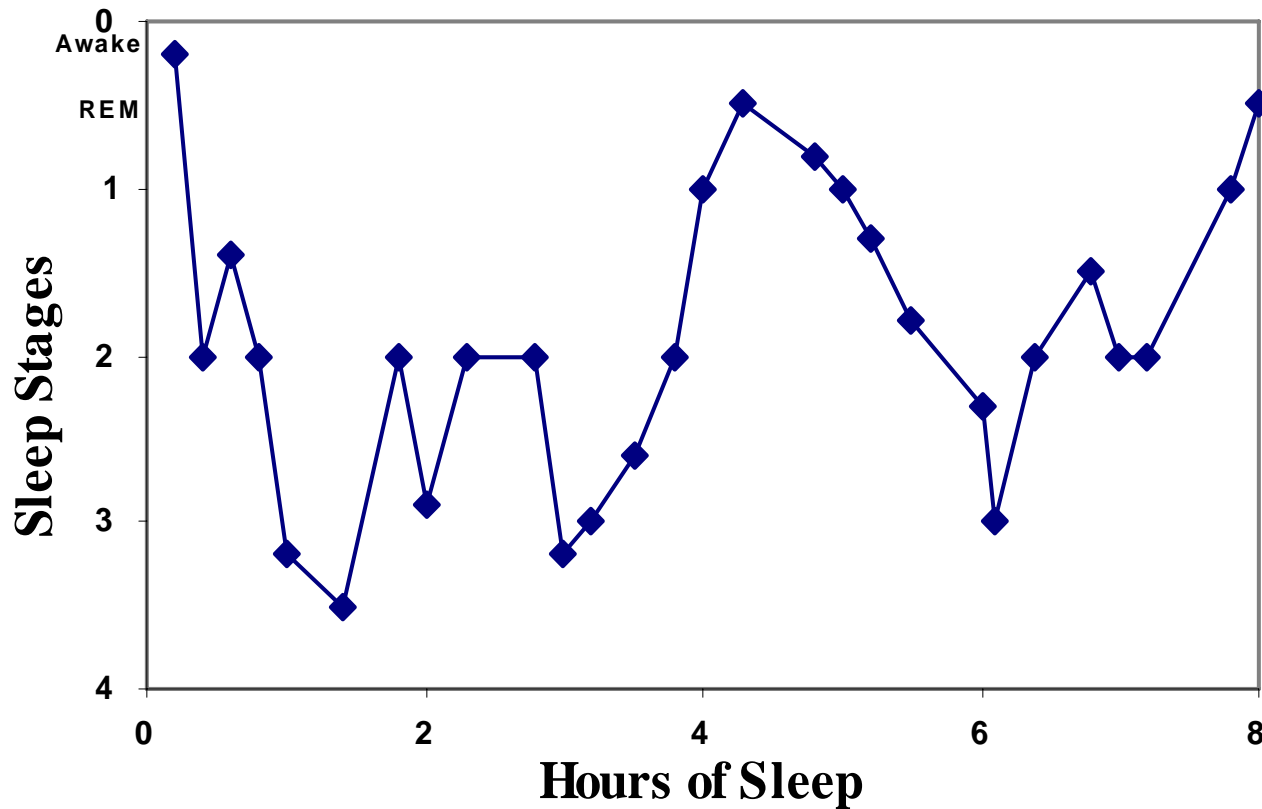


1. Normal Sleep Patterns

- Normally, the amount of sleep required varies greatly from one individual to another
 - (6 ½ - 9 hours/ night)
- Normal sleep includes several periods of light sweep or awakenings
 - Older adults have more awakenings
- Tinnitus doesn't usually wake people
 - But when they wake normally and hear tinnitus, it may create difficulties getting back to sleep



Sleep Cycles



Normal stages of sleep during one night. Sleep stages cycle from light (stage 1) to deep (stage 4) and the cycle can repeat many times.

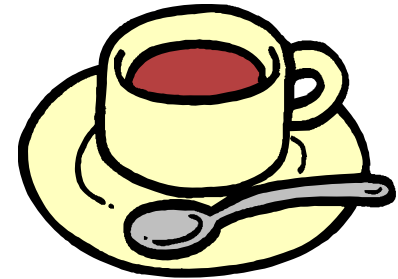
2. Things That Affect Sleep

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



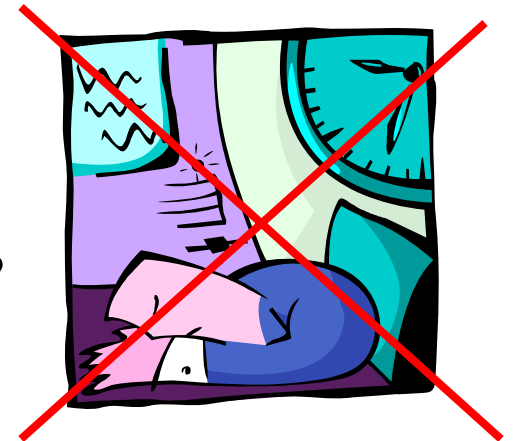
Things That Affect Sleep

- Physical condition (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 to 4 hours prior to sleep
- Lead life as normally as possible, even if tired



4. Evening Activities to Facilitate Sleep

- Create a curfew separating day and night (at least 1½ hours before bedtime)
 - for example, 8:00 pm
- After that time
 - Avoid stress, exercise, eating, alcohol, caffeine



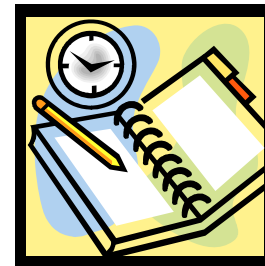
Evening Activities to Facilitate Sleep

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



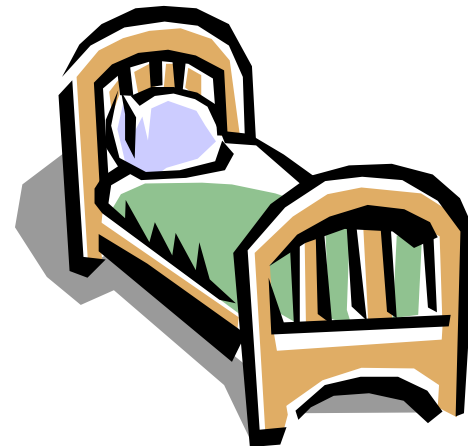
Ways to Reduce Worrying at Bedtime

1. Set aside time before curfew to write down your worries—deal with them in the morning
2. If you think of additional concerns when in bed, write them down and go back to sleep
3. Do this approximately 1 hour before bedtime, so that the mind is not still buzzing from this.



Arranging Your Bedroom

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



5. Preparing for Sleep Using Sound

- Listen to low level background sound
 - CD player
 - Radio
 - Relaxing sound player
 - Fan, humidifier, etc
- Helpful to be able to control the level



Preparing for Sleep Using Sound

- Choose soft pleasant sounds you enjoy
 - Music (calm, soothing, steady, classical, piano)
 - Sounds of nature (waves, waterfalls, raindrops)
 - 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 all night
 - Helpful if wake up during the night
- Sound as you get to sleep (timer)
 - Can be easier for spouse
- Sound that goes 'off' during night can wake you up
- If you wake up and decide to turn sound on, it gets you thinking about your tinnitus and might be counter-productive

Sound and Your Spouse



- Play sound 24 hours/day that you both agree is pleasant
- Use a pillow loudspeaker that only you will hear
- You go to sleep first listening to sound that turns off with a timer



Preparing for Sleep with Relaxation



Techniques:

- Progressive muscle relaxation
- Imagery training

Progressive Muscle Relaxation

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



Progressive Muscle Relaxation

- 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

Imagery Training

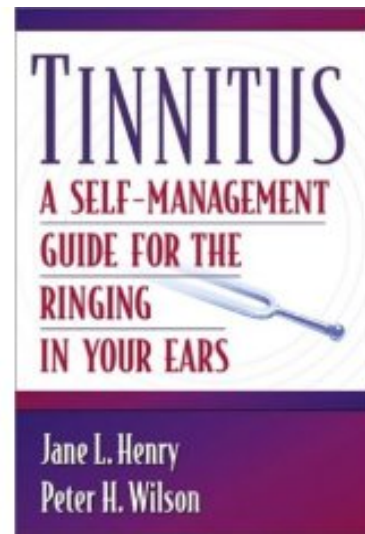
- Similar to daydreaming
- Attention is focused on some type of sensory experience
 - Creating novel mental images
 - Recalling past places and events
 - Warm and cozy
 - The smell of roses



Imagery Training Exercise

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

Consider reading books that detail Progressive Muscle Relaxation and Imagery Training, such as Henry and Wilson's *Tinnitus A Self-Management Guide for the Ringing in Your Ears*

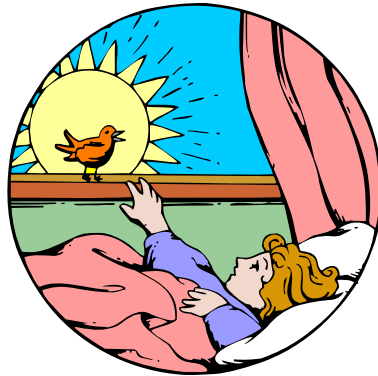


6. Waking Up At Night

- 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



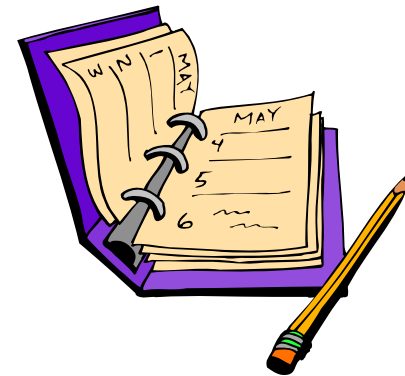
7. Waking Up In The Morning



- Get up at the same time every day
- Sunlight will help you wake up

8. Activities

- Utilize daytime and evening activities to facilitate sleep
- Prepare for sleep using relaxation techniques and background sounds
- Maintain a sleep diary if problems persist



Sleep Activities

- Describe things in your bedroom that facilitate sleep
- Are there things you could change in your bedroom to facilitate sleep?
- Complete Sleep Diary about food/activities if needed
 - During the day
 - In the evening