







Date:	
Medication Taken at bedtime	
(med, dose, & time)	
Nans today (duration & time)	김 그 옷 나는 것 같아요. 나는 것 같아요.
haps today (duration of time)	
	전 전 1월 11 N N N N N N N N N N N N N N N N N
Carreine today(drink & time)	
Exercise today (type, duration, &	
time)	
Fatigue rating for the day (0-10)	
Mood rating for the day (0-10)	
What I did in the hour before bed	
	$u_{L_{R_{1}}} = \sum_{i=1}^{n} O_{i} $
	$x_{0,L} = x_{0,L} = 0.5$
Got into bed last night(time)	
Lights out last night (time)	
Sleep Onset Latency last night	
(duration in minutes)	
Awakenings last night (number,	
duration, & time)	
Woke up this morning (time)	
Got out of bed this morning (time)	
Sleep quality rating for last night	
(0-10)	$a = b = \sqrt{2}$
My goal for sleep this week (circle one):	
Sleep Hygiene Regularizing Circadian Rhythms	
Sleep Restriction/Stimulus Control Sleep Cognitions	
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	Sleep Behavior	
1.	During the <u>past month</u> , when have you usually gone to bed at night	AM / PM
2.	During the <u>past month</u> , how long (in minutes) has it usually <u>taken</u> you to fall asleep each night?	Minutes
3.	During the <u>past month</u> , when have you usually gotten up in the morning?	AM / PM
4.	During the <u>past month</u> how many hours of actual sleep did you get a night? (this may be different than	Hours



NORMAL HUMAN SLEEP

- Another functional "mode" for the brain and body
 You don't just "turn off"
- Why we "need" sleep is not fully understood
 - "cleaning" occurs
 - "solidifying"/ "pruning" of connections between neurons

WHICH MODE?

Regulated by two processes

- 1. Homeostatic drive
- 2. Circadian drive
- Modulated by another
 - 1. Arousal













	First	Second	Third
1.	Circadian Rhythms	Arousal	Homeostatic Sleep Drive
2.	Arousal	Circadian Rhythms	Homeostatic Sleep Drive
3.	Circadian Rhythms	Homeostatic Sleep Drive	Arousal
4.	Homeostatic Sleep Drive	Arousal	Circadian Rhythms

















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REPETITIVE NEGATIVE THINKING AND EMOTION REGULATION

More negative mood, more anxiety

• Difficulty adjusting goals while experiencing strong emotions

(Ehring and Watkins, 2008)









































	First	Second	Third
1.	Obsessive- Compulsive	Mood (Depression, Bipolar)	Anxiety
2.	Anxiety	Mood (Depression, Bipolar)	Obsessive- Compulsive
3.	Obsessive- Compulsive	Mood (Depression, Bipolar)	Anxiety
4.	Mood (Depression, Bipolar)	Anxiety	Obsessive- Compulsive



	First	Second	Third	Fourth
1.	Sleep Hygiene	Regularizing Circadian Rhythms	Sleep Restriction/Stimulus Control	Sleep Cognitions
2.	Sleep Hygiene	Sleep Restriction/Stimulus Control	Sleep Cognitions	Regularizing Circadian Rhythms
3.	Sleep Hygiene	Regularizing Circadian Rhythms	Sleep Restriction/Stimulus Control	Sleep Cognitions
4.	Sleep Hygiene	Sleep Restriction/Stimulus Control	Sleep Cognitions	Regularizing Circadian Rhythms

SLEEP HYGIENE

• Avoid:

- Caffeine throughout the day. Later in the afternoon particularly.
- Going to bed hungry
- Excessive liquids in the evening
- Excessive alcohol use in the evening.
 - This can put you to sleep but interferes with processes that should happen during sleep for you to feel rested and alert the next day.
- Tobacco before bed or during the night
 - Nicotine is a stimulant drug



Steep HYGIENE Stress: Activated stress systems work in opposition to circadian rhythms and homeostatic sleep drive to keep one awake. Can't "try to relax." Just practice exercise and let relaxation do what it will at its own pace Progressive muscle relaxation Diaphragmatic breathing Mindfulness exercises Practice relaxation at regular time of day, in bedroom if possible





	Sleep	Sleep	Sleep
SLEEP COGNITIONS	Sleep		Sleep
 1. Leave the room temporarily when your mind is active. You can thoughts have become more manageable and you are no longer 	an return to the bedroon worrying.	n when your	9157 - 2017 - 20
 2. Use Constructive Worry if your worries continue to follow you time to do this in the early evening. 	u to bed. This will mean	setting aside	si - Ling.
 3. Use Thought Records when you are having persistent feelings problem. 	or thoughts about your	sleep	





SLEEP RESTRICTION

- Sleep efficiency = (total sleep time/ time in bed) x 100
 - Want this to be <u>></u> 85%
- Use this metric to limit your time in bed
 - Specifically to schedule getting into bed (usually later than one has been)
 - Avoid naps and maintain regularized wake-up time

TIME FRAMES: Circadian rhythm interventions One week per hour of shift Arousal interventions (Stimulus Control, Sleep Cognitions) Two weeks Homeostatic Sleep Drive Interventions (Sleep Restriction) One week per 15 minute change



Sleep Behavior to Monitor	RNT to Monitor	Contextual Factors	Intervention	How long before trying <u>evaluating</u> / proceeding to next step
 Bedtime Sleep Onset Wake time Sleep Duration 	MoodAnxietyOCD		 Sleep Hygiene Circadian Rhythms Stimulus Control Sleep Restriction Sleep Cognitions 	
My Plan:				



SOURCES OF ADDITIONAL INFORMATION ABOUT SLEEP AND MENTAL HEALTH

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- American Academy of Sleep Medicine (<u>http://www.aasmnet.org/</u>)
- Society for Light Treatment and Biological Rhythms (<u>http://www.sltbr.org/</u>)
- Center for Environmental Therapeutics (<u>http://www.cet.org/</u>)

