**Sleep Hygiene**

Understanding sleep problems

**Cycle:**

Disturbed sleep – I can’t cope with less than 8 hours – anxiety, worry, stress – muscle tensions, nausea, sweating, heart racing – napping in the day, changing sleep patterns – leadin g into more disturbed sleep

**Other problems associated with sleep problems:**

* Phone/laptop/read in bed
* Alcohol
* Clock watching
* Taking sleeping tablets
* Changing sleep times

**Goal setting:**

* Regulate sleep and routine around it
* Keep bedroom for sleep and sex
* Spend less time in bed not being able to sleep
* Less time clockwatching and worrying about not speaking
* BEDROOM SHOULD ONLY BE FOR SLEEP

**Pyschoeducation:**

* Different stages of sleep
* 1-4 cycles per night – two most important – mainly around 90 minute cycles
* Only need 2

**Sleep hygiene:**

* Avoid napping
* Limit caffeine/nicotine/alcohol
* 60/90 mins relax before bed slowing down
* Relaxation techniques
* Worry time long before sleep
* Quarter of an hour rule

**Diet**

* Exercise not close to bedtime
* Bedroom environment – limit noise/light
* Ideal temperature – 18 degrees