

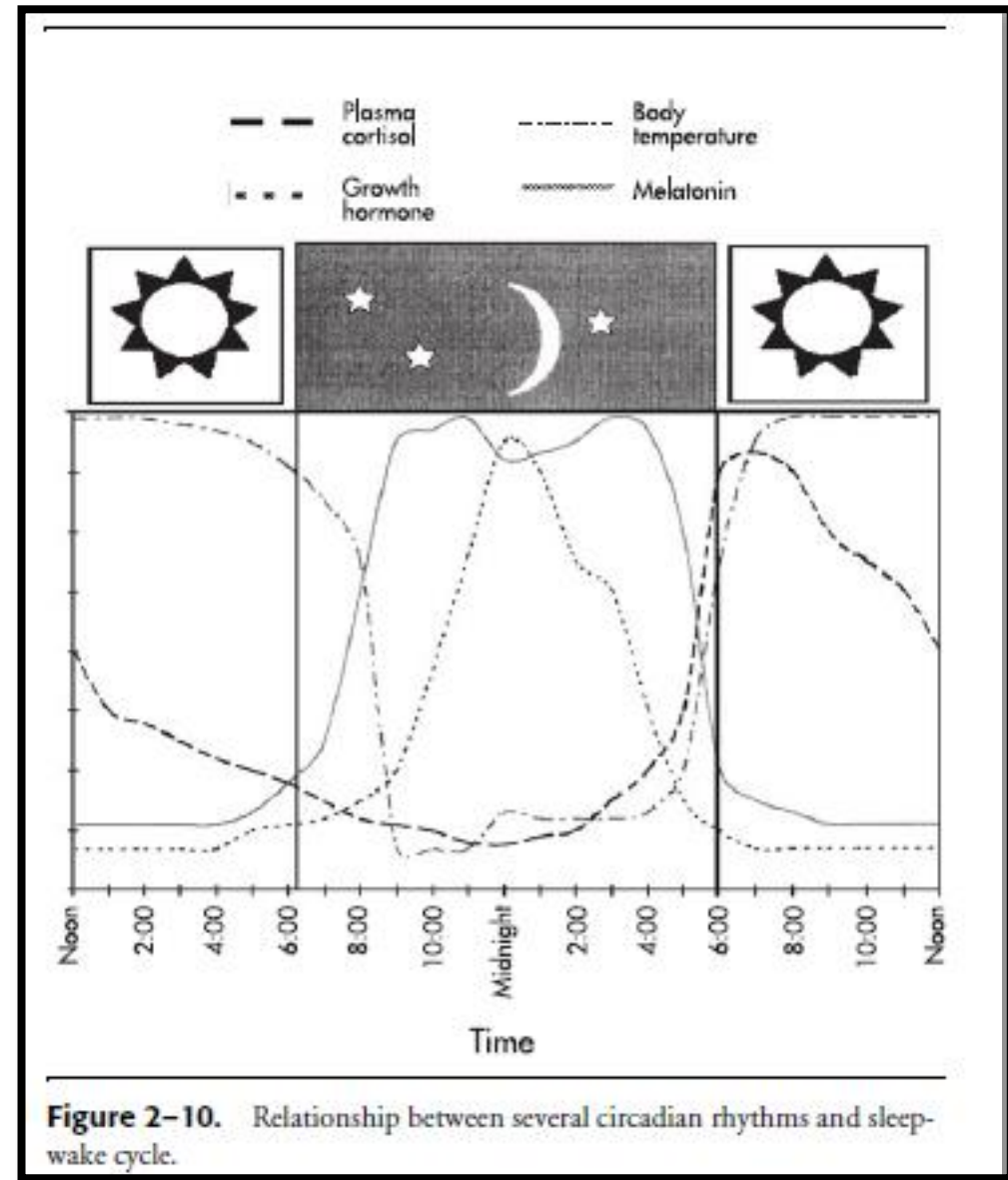
So you are having sleep problems?

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Disclaimer:

The views expressed are those of the author(s) and do not reflect the official policy of the Department of the Army, the Department of Defense or the U.S. Government.

- Sleep is not just absence of consciousness
- But rather a complex process
- Duration: 5.7 to 7.1 hours
 - 1 hour longer in winter



Functions of Sleep

- Memory consolidation
- Performance improvement: motor tasks
- “Pruning and Tuning” of brain connections

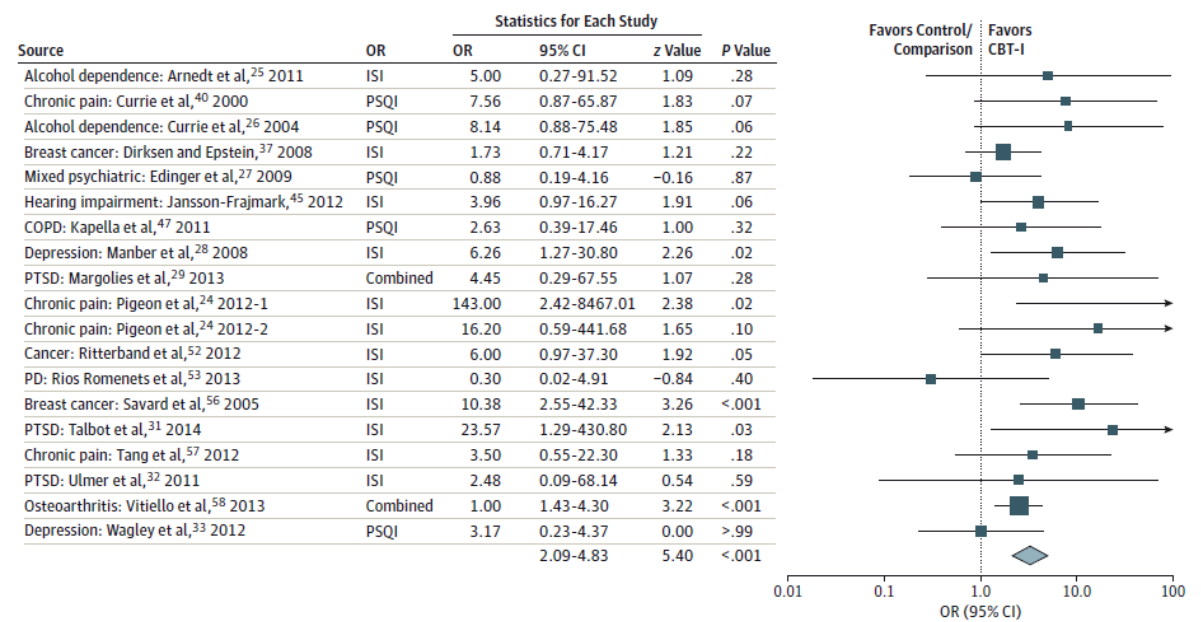
Forces that drive sleep

- **Process S**: process that increase tendency to sleep based on previous time spent AWAKE
- **Process C**: Circadian rhythm to maintain arousal to offset Process S
 - Helps us not fall asleep until we are ready to
- **2 EVENTS MUST OCCUR SIMULTANEOUSLY:**
 - 1. Process S must be strong enough (by being awake long enough)
 - By avoiding daytime naps or sleeping in on the days you are off
 - 2. Process C must be weak (to lessen alertness)
 - By sticking to the same schedule
 - Having good sleep hygiene

Why use Cognitive/Behavioral Treatment?

- It is EVIDENCE BASED
- It is a SKILL that will help you all your life
- It is NOT a pill (and issues related to that).

Figure 2. Remission From Insomnia at Posttreatment



Variation in data marker size indicates relative weighting by sample size. CBT-I indicates cognitive behavioral therapy for insomnia; COPD, chronic obstructive

pulmonary disease; ISI, Insomnia Severity Index; PD, Parkinson disease; PSQI, Pittsburgh Sleep Quality Index; and PTSD, posttraumatic stress disorder.

The Treatment:

- **Targets:**

- **Cognitive**: dysfunctional thoughts

- **Behavioral**: the way someone sleeps that throws off the synchrony between Process C and Process S

Dysfunctional Beliefs and Attitudes about sleep

I need 8 hours of sleep to feel refreshed and function well during the day.

I feel that insomnia is ruining my ability to enjoy life and prevents me from doing what I want.

Without an adequate night's sleep, I can hardly function the next day.

When I do not get proper amount of sleep on a given night, I need to catch up on the next day by napping or on the next night by sleeping longer.

I can't ever predict whether I will have a good or poor night's sleep.

After a poor night's sleep, I know that it will interfere with my daily activities on the next day.

In order to be alert and function well during the day, I am better off taking a sleeping pill rather than having a poor night's sleep.

I am concerned that chronic insomnia may have serious consequences for my physical health.

I am worried that I may lose control over my abilities to sleep.

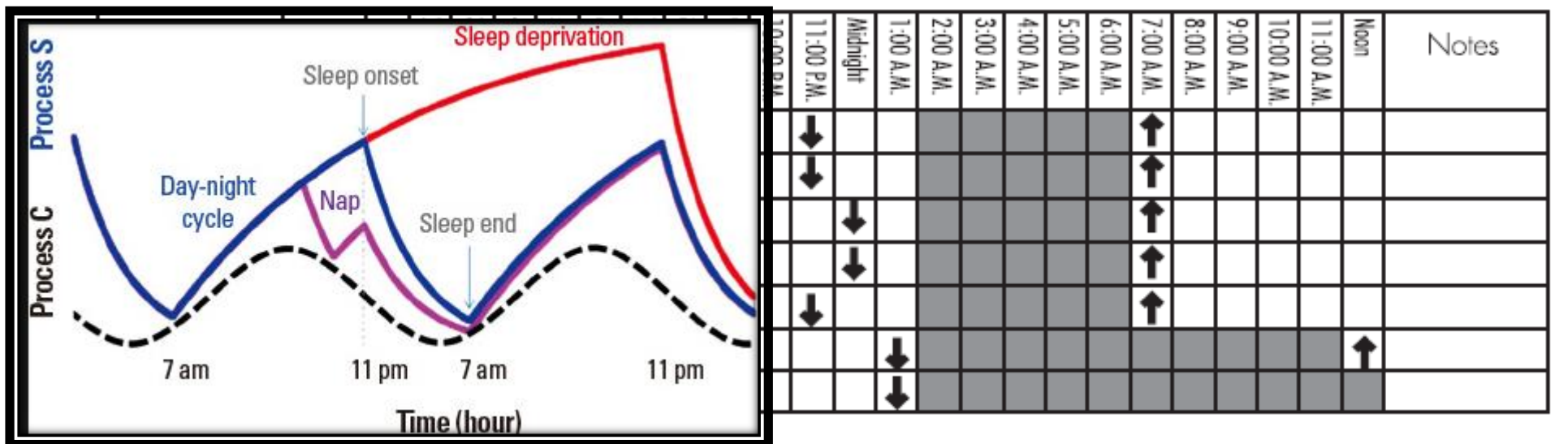
When I feel irritable, depressed, or anxious during the day, it is mostly because I did not sleep well the night before.

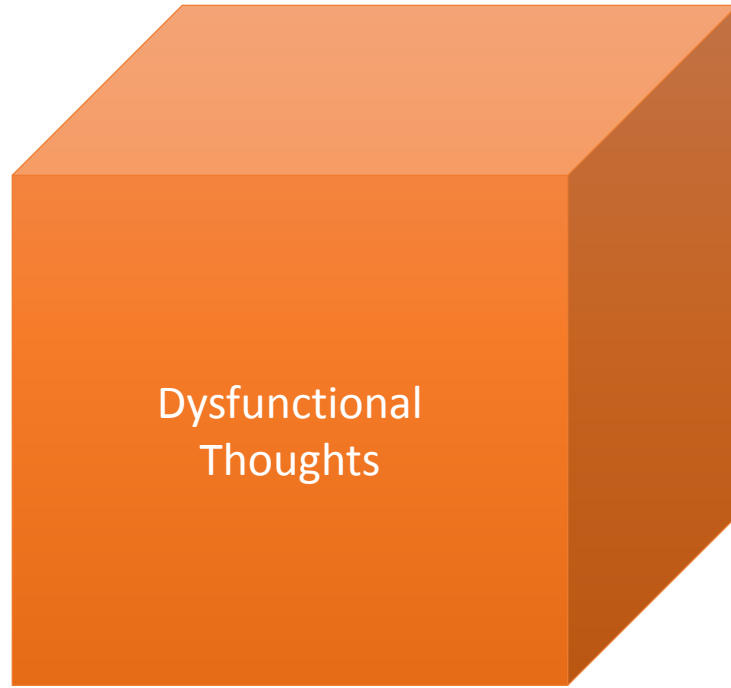
When I sleep poorly on one night, I know that it will disturb my sleep schedule for the whole week.

Dysfunctional Behaviors

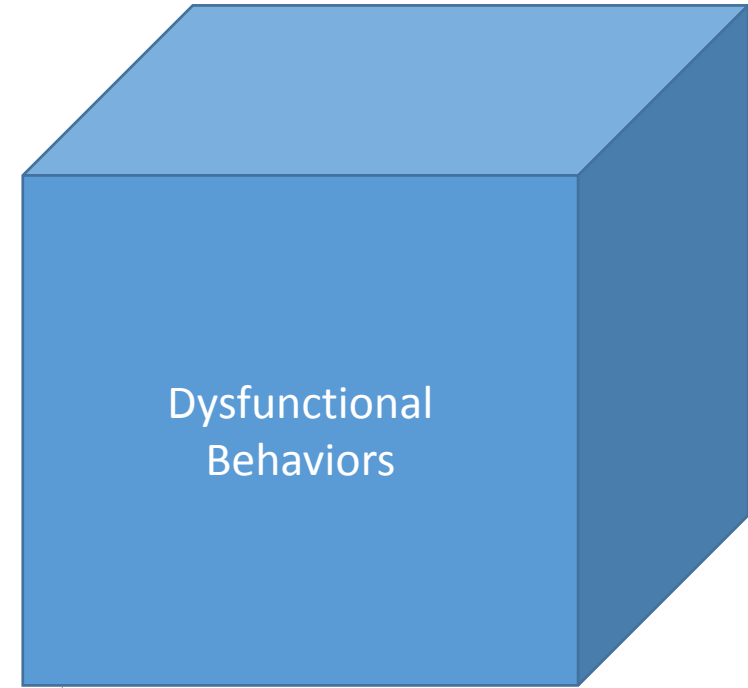
1. Mark the time you got into bed with a downward arrow. (↓)
2. Mark the time you got out of bed with an upward arrow. (↑)
3. Shade the areas of sleep. (■)

Napping, Random Bed-Times, Sleeping-In causes a HAVOC for our sleep mechanisms that lead to chronic JET-LAG like situation.

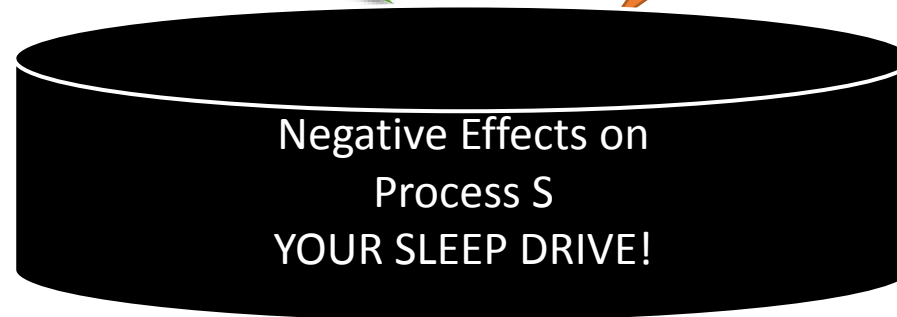




Dysfunctional
Thoughts

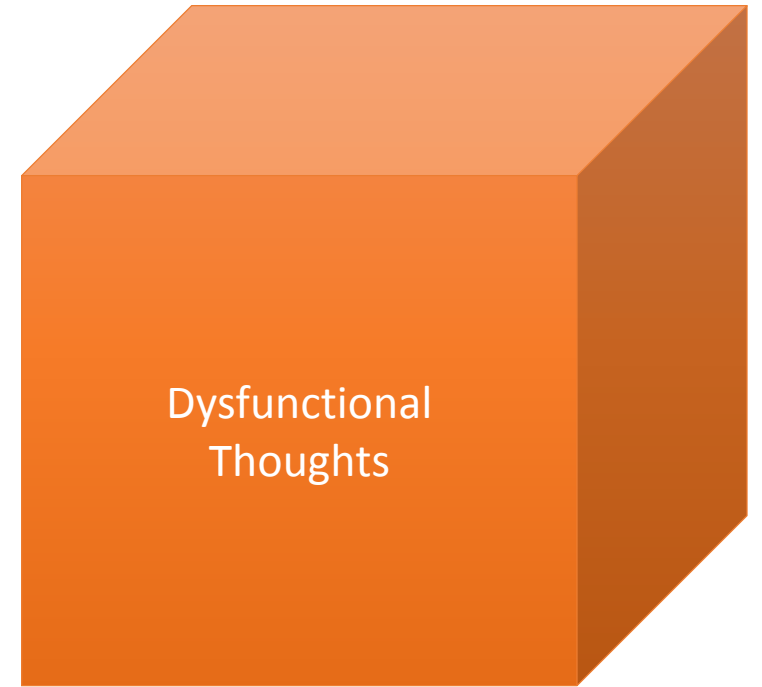


Dysfunctional
Behaviors

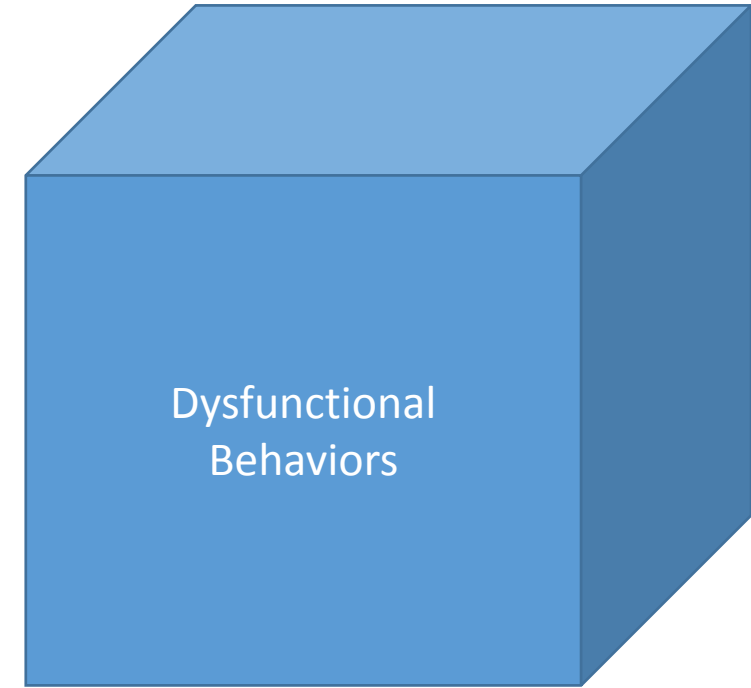


Negative Effects on
Process S
YOUR SLEEP DRIVE!

- Increased frustration
- Increased muscle tension, racing heart
- Increased stress hormones
- Similar to FIGHT or FLIGHT response



- Caffeine/Stimulants
- Exercise close to bedtime
- Naps
- Lack of physical activity during the day
- Stimulating activities in bed: smartphones, TV, bright lights
- Inappropriate temperature
- Trying to sleep more than the body wants



This Treatment:

- We will target both:
 - The dysfunctional thoughts
 - The dysfunctional behaviors
- You will require motivation, self-discipline but your reward is freedom from sleep related concerns.
- We expect meeting for about 3 sessions but may meet more if you need it.
- Let's begin!