

PROVIDER EDITION

So you are having sleep problems?

Rohul Amin MD
MAJ, MC, USA
Psychiatrist & Internist
Madigan Army Medical Center
Tacoma, WA

Disclaimer:

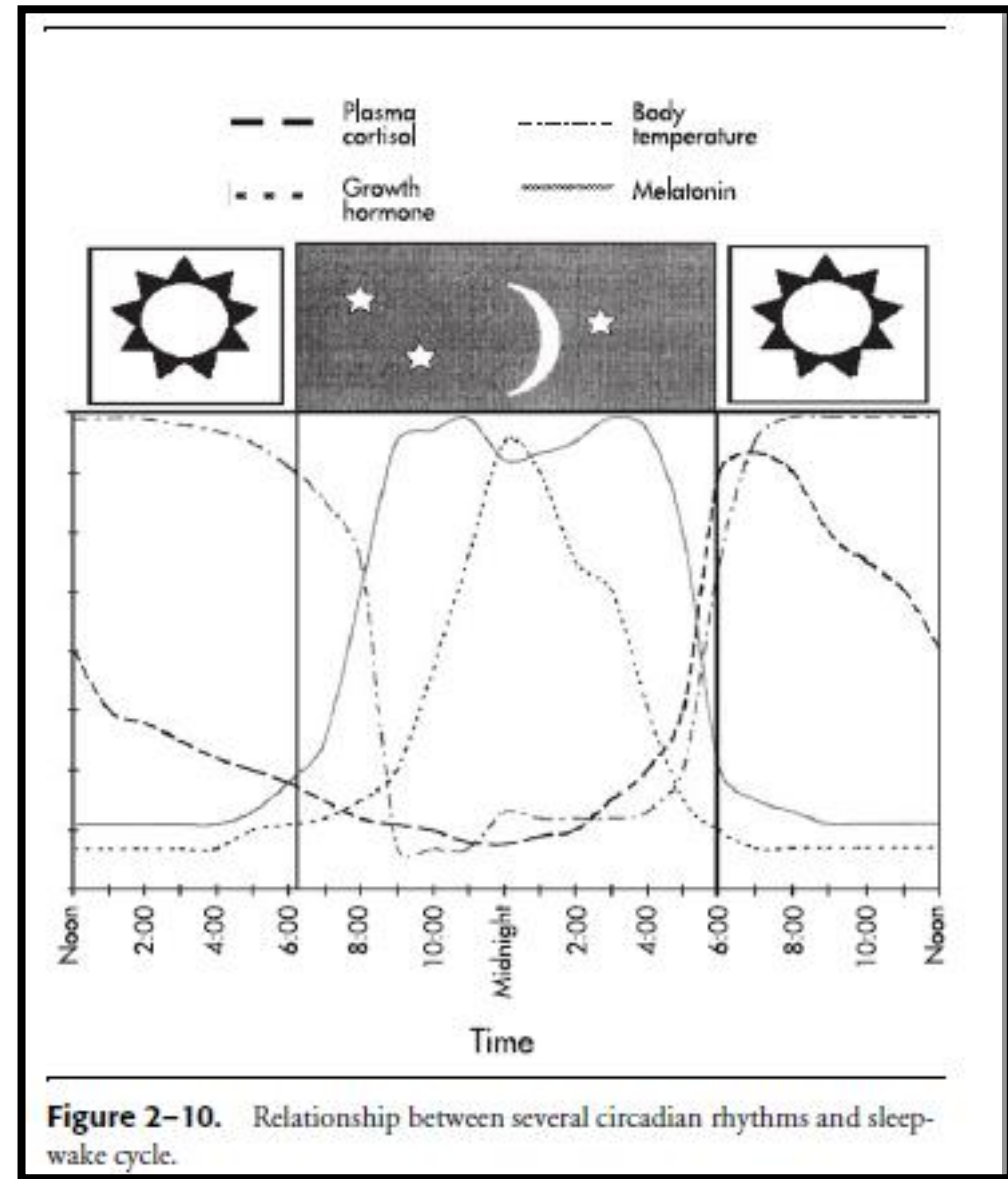
The views expressed are those of the author(s) and do not reflect the official policy of the Department of the Army, the Department of Defense or the U.S. Government.

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

During sleep, a lot of changes happen in our body. There are unique hormonal shifts and temperature changes that are tightly regulated.

When someone has behaviors that disturbs this active process, we can have imbalance in our hormones, and other body functions.

While people might have certain amount of sleep expectations, in reality different people needs different amount of sleep. We will be able to find out how much sleep you need exactly once we complete this treatment protocol.



Functions of Sleep

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

People have numerous ideas and expectations from what their sleep does for them. It is true that if you don't get the amount of sleep YOUR body needs, you may feel tired. However, greatest evidence is the role of sleep in memory processing. Some evidence suggest that you are twice more likely to remember things with healthy sleep behaviors.

Some sleeping pills can worsen the memory situation. There are concerns about some form of sleeping pills impacting our memory systems in the brain.

We anticipate you to feel that difference once we improve your sleep.

Forces that drive sleep

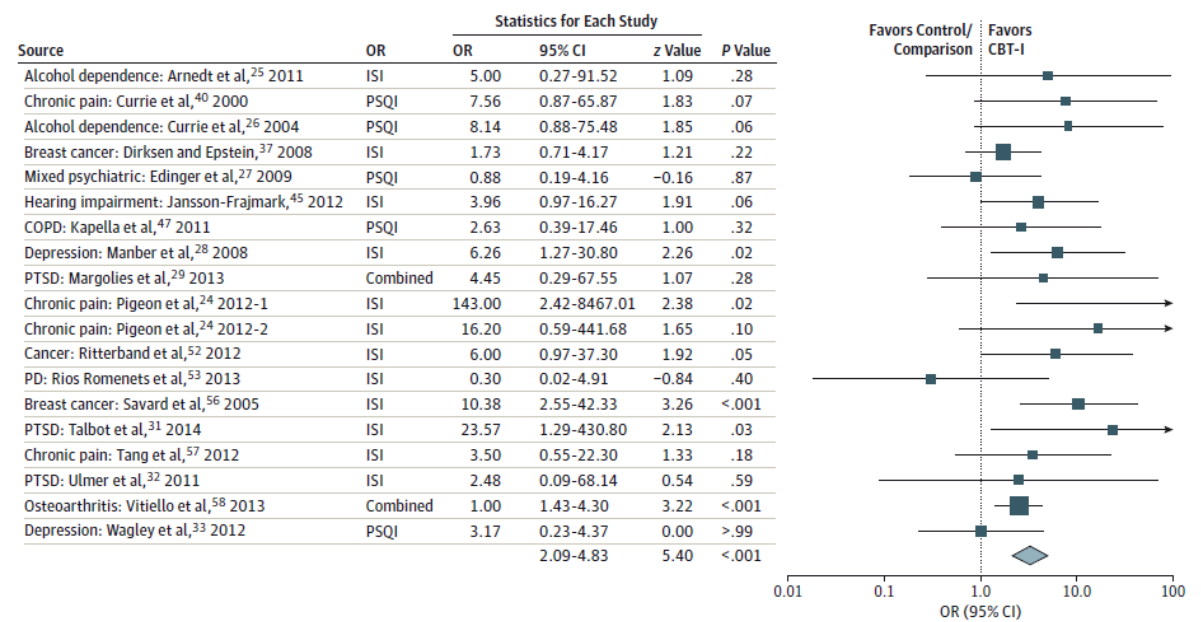
- **Process S**: process that increase tendency to sleep based on previous time spent AWAKE
- **Process C**: Circadian rhythm to maintain arousal to offset Process S
 - Helps us not fall asleep until we are ready to
- **2 EVENTS MUST OCCUR SIMULTANEOUSLY:**
 - 1. Process S must be strong enough (by being 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

Just read the slide to them.

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.

Just read the slide to them.

The Treatment:

Just read the slide to them.

- **Targets:**

- **Cognitive:** dysfunctional thoughts

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

These are some of the dysfunctional thoughts you saw on the intake form. If you marked something high, you have a dysfunctional thought, meaning that these thoughts or beliefs will negatively affect your ability to sleep well. We will help you overcome these with this treatment system.

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

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

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

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

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

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.

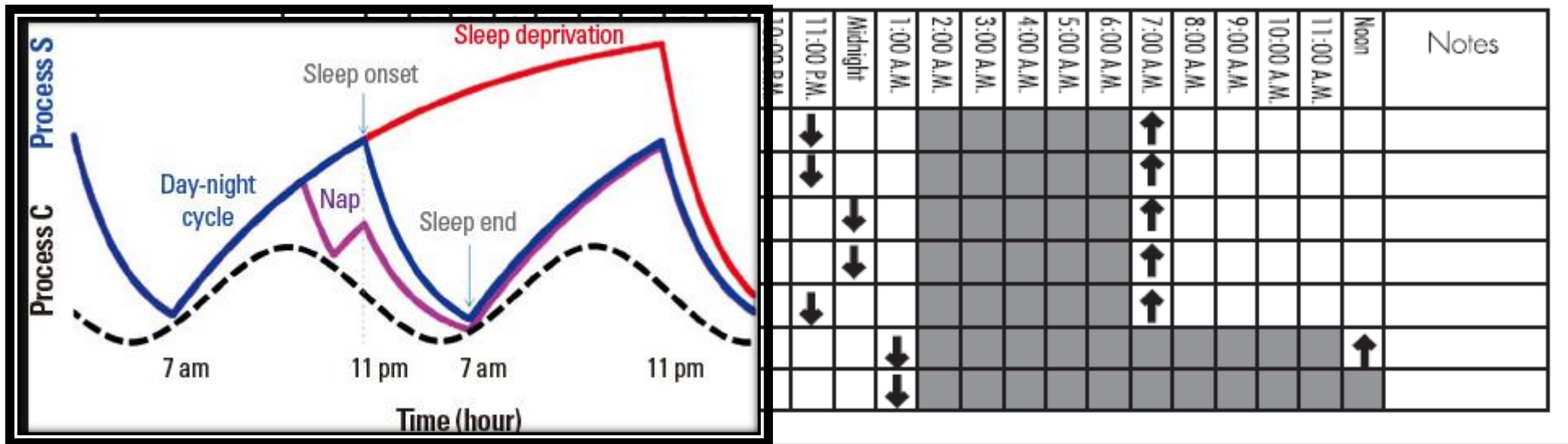
I am concerned that chronic insomnia may have serious consequences for my physical health.

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

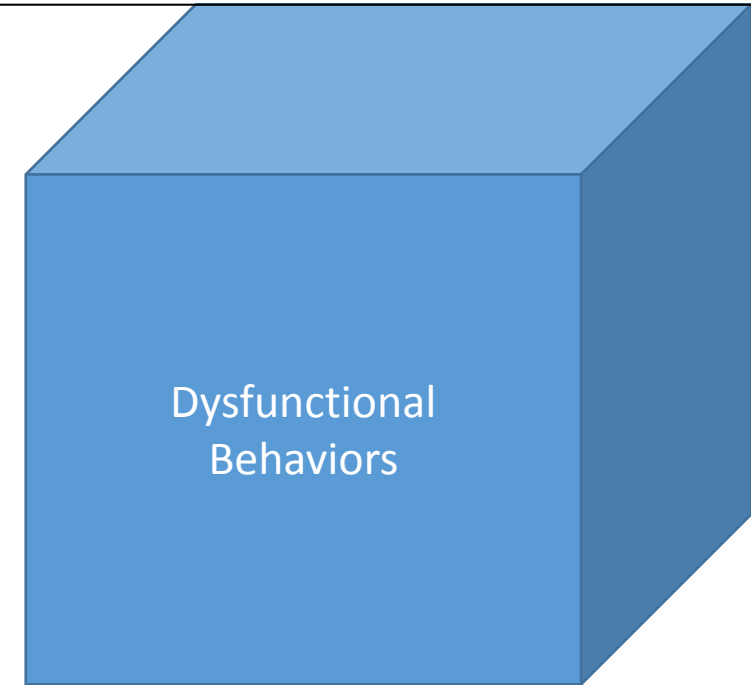
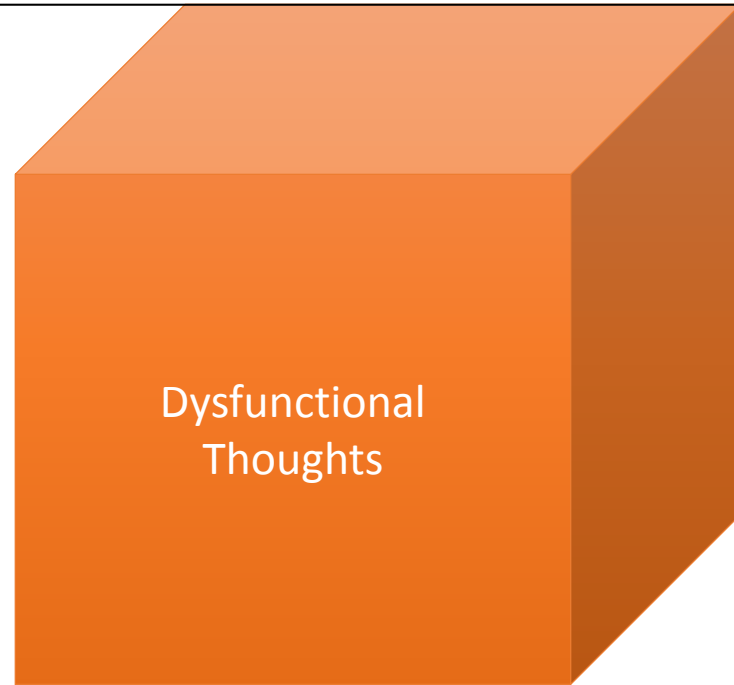
Dysfunctional Behaviors

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. (■)

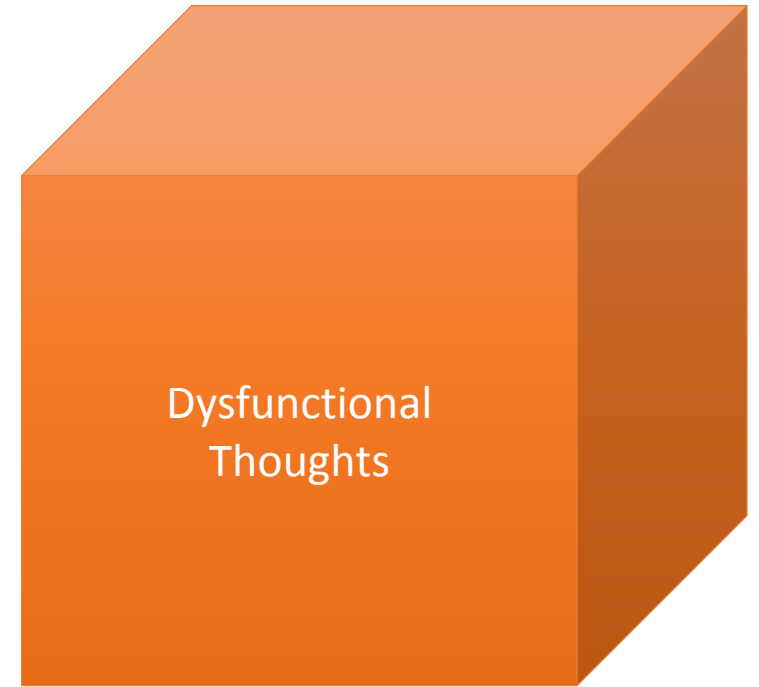
Napping, Random Bed-Times, Sleeping-In causes a HAVOC for our sleep mechanisms that lead to chronic JET-LAG like situation.



These are the two mechanisms we will target with our treatment the impact your sleep.

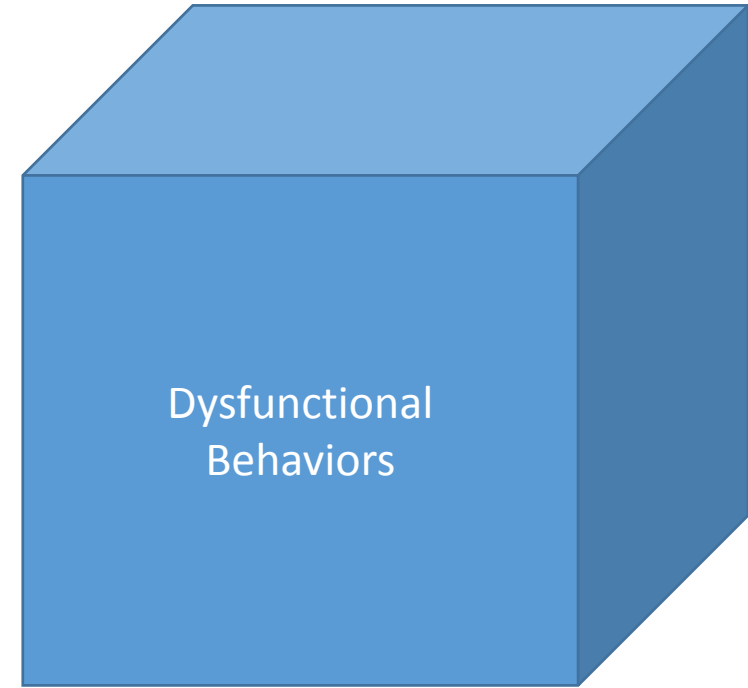


- Increased frustration
- Increased muscle tension, racing heart
- Increased stress hormones
- Similar to FIGHT or FLIGHT response



This is what dysfunctional thoughts or beliefs do to negatively impact your ability to sleep. These are especially problematic when a person is trying to fall asleep. READ THE BULLETS.

- 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



Here are some of the behaviors that should be avoided because they disturb the Process C and Process S (in other words, your drive to sleep). These include:
READ THE BULLETS.

This Treatment:

Just read the slide to them.

- 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!