

The ABZzzs of Sleep

Student Workbook

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*This workshop and its materials were adapted from
Cal Poly Counseling Services' Anxiety Toolbox and Getting Unstuck programs.*

Welcome!

Welcome to **Wellness U**! Wellness U is a collection of workshops with the ultimate goal of providing you with knowledge and skills to increase your overall well-being and meet your goals. The Wellness U Workshop Series has several parts:

- **Stress and Anxiety 101** helps participants understand the effects of stress and anxiety by learning about the fight, flight, or freeze response and the differences between motivational and unhelpful stress/anxiety. Participants will also learn a basic skill for anxiety management: grounding techniques.
- **Changing Unhelpful Thoughts** introduces participants to a cognitive behavioral strategy for challenging unhelpful thoughts. Participants will be able to identify unhelpful thinking styles, learn alternative responses to unhelpful thinking, and become more aware of their ability to challenge and change thinking patterns.
- **Intro to Wellness** introduces participants to concepts of dimensional wellness and how to increase their overall wellness.
- **Intro to Mindfulness** is all about mindfulness, its benefits, and how to practice mindfulness in day-to-day life.
- **The ABZzzzs of Sleep** helps participants improve the quantity and quality of their sleep by learning about sleep hygiene.
- **Relationships 101** introduces participants to healthy versus unhealthy relationships, ways to manage conflict, and how to set boundaries.
- **Test Anxiety** helps participants understand the components of test anxiety and introduces them to a skill to minimize the symptoms of anxiety.
- **Intro to Tai Chi** presents participants with the opportunity to learn about a traditional Chinese form of exercise which emphasizes breath and body movement and can be useful in reducing stress and anxiety as well as improving joint flexibility, stability, and muscular strength.

By the end of this series, you will have received a lot of information and, at times, it may feel overwhelming. Remember that like any skill (e.g., learning to ride a bike), the skills you will learn in **Wellness U** take time and practice to master. At times, you may encounter obstacles and/or find it difficult to integrate these skills into your daily life. That is okay, it is a normal part of the change process. As with all change, it is important to practice as much as you can, even after encountering setbacks.

Think of your practice of these skills as a form of “mental health hygiene.” At the outset, it may seem tedious and you may question why you need to practice these skills so often. Similar to brushing your teeth, daily practice prevents a buildup of stress over time. The more you practice and use these skills as part of your daily routine, the less tedious they may seem because they simply become a regular part of daily life.

Frequently Asked Questions (FAQ)

Why have I been referred to Wellness U?

Our clinicians recommend participation in Wellness U after meeting with you because they think you can benefit from it. We strongly believe that if you fully engage in Wellness U and practice these skills, you will see the benefit of attending. And we have the research to back this up – since 2016, students have consistently rated these workshops as helpful. Wellness U also helps support your innate resilience by recognizing your autonomy; in other words, we know that students have the ability to address many of their concerns independently in a supportive environment. In fact, some students may get what they need from Wellness U alone. Others may benefit from Wellness U as well as other services, such as Let’s Talk (informal consultation), a support group, group therapy, or individual therapy.

What if I don’t feel comfortable in groups?

Many people feel anxious about participating in a group. Wellness U is structured and curriculum-driven, like an academic class. You are not required to speak to the entire group if you do not feel comfortable doing so. The facilitators respect each participant’s right to share only what they are comfortable sharing and never require you to share sensitive information about yourself.

What if I have an urgent need to see a clinician during Wellness U?

Simply let the facilitator or Student Counseling Services’ front desk staff know and they will facilitate you getting the help you need.

Why do you recommend practice outside of the workshop?

The focus of these workshops is on building skills; in order to achieve that goal, regular practice is essential. The more you practice, the more you may find you get out of these workshops. The assignments are for you and only you, in the service of your own personal growth. You will not be required to provide your responses at any time during this workshop; however, there will be opportunities to ask questions or share if you do feel comfortable.

SLEEP HYGIENE INDEX (SHI)								
Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale to make your choice.								
0	1	2	3	4				
Never	Rarely	sometimes	Frequent	Always				
1. I take daytime naps lasting two or more hours.			0	1	2	3	4	_____
2. I go to bed at different times from day to day.			0	1	2	3	4	_____
3. I get out of bed at different times from day to day.			0	1	2	3	4	_____
4. I exercise to the point of sweating within 1 hr of going to bed.			0	1	2	3	4	_____
5. I stay in bed longer than I should two or three times a week.			0	1	2	3	4	_____
6. I use alcohol, tobacco, or caffeine within 4hrs of going to bed or after going to bed.			0	1	2	3	4	_____
7. I do something that may wake me up before bedtime (for example: play video games, use the internet, or clean).			0	1	2	3	4	_____
8. I go to bed feeling stressed, angry, upset, or nervous.			0	1	2	3	4	_____
9. I use my bed for things other than sleeping or sex (for example: watch television, read, eat, or study).			0	1	2	3	4	_____
10. I sleep on an uncomfortable bed (for example: poor mattress or pillow, too much or not enough blankets).			0	1	2	3	4	_____
11. I sleep in an uncomfortable bedroom (for example: too bright, too stuffy, too hot, too cold, or too noisy).			0	1	2	3	4	_____
12. I do important work before bedtime (for example: pay bills, schedule, or study).			0	1	2	3	4	_____
13. I think, plan, or worry when I am in bed.			0	1	2	3	4	_____
Total score = _____								

SLEEP

Sleep and Health Among Adults in MISSISSIPPI

7 HOURS
OR MORE

Sufficient sleep is essential for a healthy lifestyle

How much sleep do adults need?

Adults should sleep 7 or more hours each night for optimal health.¹ Insufficient sleep (or short sleep) is defined as less than 7 hours of sleep daily. More than a third of U.S. adults report insufficient sleep.²

What are the consequences of not getting enough sleep?

Not getting enough sleep is associated with an increased risk for a number of chronic diseases and conditions³:

- Diabetes
- Cardiovascular disease
- Stroke
- Obesity
- Depression

Not getting enough sleep also contributes to motor vehicle crashes and machinery-related injuries, causing substantial injury and disability each year.³

What are 5 health behaviors for preventing chronic disease?

Five health behaviors have been identified as being key for preventing chronic disease⁴:

- Not smoking
- Regular physical activity
- Moderate* or no alcohol consumption
- Maintaining a healthy weight
- **Daily sufficient sleep (7 or more hours)**

Why don't adults get the sleep they need?

Causes of insufficient sleep include lifestyle (like inconsistent bedtimes and using technology late at night) and occupational factors (like shift work or long work hours).³ In addition, some medical conditions, medications, and sleep disorders like sleep apnea affect how long and how well you sleep.³

1 Watson NF, Badr MS, Belenky G, et al. Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. *Sleep* 2015;38:843-4.

2 Liu Y, Wheaton AG, Chapman DP, et al. Prevalence of healthy sleep duration among adults — United States, 2014. *MMWR Morb Mortal Wkly Rep* 2016;65:137-141.

3 Institute of Medicine. *Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem*. Washington, DC: The National Academies Press; 2006.

4 Liu Y, Croft JB, Wheaton AG, et al. Clustering of five health-related behaviors for chronic disease prevention among adults, United States, 2013. *Prev Chronic Dis* 2016;13:160054.

* Up to one drink per day for women and two drinks per day for men — only by adults of legal drinking age. Individuals who do not drink alcohol should not start drinking for any reason. *2015–2020 Dietary Guidelines for Americans*.

National Center for Chronic Disease Prevention and Health Promotion

Division of Population Health



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Tips to Improve Sleep Hygiene

What is Sleep Hygiene? 'Sleep hygiene' is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.

1. **Get regular sleep.** Go to bed and get up at more or less the same time every day, even on weekends and days off! Remember, most people need between 7-9 hours of sleep every night.

My bed time: _____ **My wake time:** _____

2. **Avoid caffeine & nicotine for at least 4-6 hours before bed.** Avoid consuming any caffeine (coffee, tea, soda, chocolate, energy drinks) or nicotine (cigarettes, chewing tobacco, e-cigarettes, or hookah) for at least 4-6 hours before going to bed. These act as stimulants and interfere with falling asleep.

My caffeine & nicotine curfew: _____

3. **Avoid alcohol for 4-6 hours before bed.** Avoid alcohol for at least 4-6 hours before bed because it interrupts the quality of sleep. It has been shown that use of alcohol to promote sleep results in more fragmented sleep, more awakenings during the night, and/or early morning awakenings.
4. **Electronics Curfew.** Don't use back-lit electronics 60 minutes prior to bed, as the artificial light prevents hormones and neurons that promote sleep.

My electronics curfew: _____

5. **Get up & try again.** Go to sleep only when you're tired. If you haven't been able to fall asleep after 30 minutes, get up and do something calming (not stimulating) until you feel sleepy, then return to bed and try again. Try reading a book you've already read, one not particularly exciting (not an e-book) or deep breathing.

If I can't get to sleep I will do this relaxing activity:

6. **Bed is for sleeping and sex only.** Do not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep.
7. **The right space.** Make your bed and bedroom quiet and comfortable for sleeping. An eye mask, earplugs, or a white noise app or machine may help.

To make my bed and bedroom the right space, I will:

8. **Avoid napping.** Avoid taking naps during the day. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.
9. **Sleep rituals.** Develop rituals to remind your body that it is time to sleep, like relaxing stretches or breathing exercises for 15 minutes before bed. You can also try hot tea (caffeine free), a warm bath/shower, or soothing music or sounds.

My sleep rituals are:

10. **No clock-watching.** Checking the clock during the night can wake you up and reinforces negative thoughts such as "Oh no, look how late it is, I'll never get to sleep."
11. **Keep your daytime routine the same.** Even if you have a bad night's sleep, it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the bad night's sleep.
12. **Avoid other substances to induce sleep.** This means Benadryl, Nyquil, alcohol night caps, etc. Only use melatonin supplements under the recommendation of your doctor and do not take more than recommended, as too much can hurt sleep.
13. **Add aerobic exercise to your routine.** There is good evidence that aerobic exercise can deepen sleep. Deeper sleep may be more restorative, and also protective against awakenings. Try not to exercise after the early evening, as night exercise can interfere with your sleep.

When I will do aerobic exercise: _____

14. **Eat a light snack before bedtime.** A snack can be helpful about 1 hour before bedtime. Carbohydrates (i.e., crackers, bread, cereal, fruit) are best for a good night's sleep. It is a good idea to avoid chocolate or heavily sweetened foods. Such snacking may help to avoid a blood sugar drop during the night that can disrupt sleep.
15. **Avoid drinking a lot of liquid before bedtime.** Liquids close to bedtime will fill your bladder and result in discomfort while you sleep, causing you to wake more frequently.
16. **Avoid co-sleeping with one's pets.** Pets will frequently move around and/or jump on and off the bed, causing movement and noise which can be disruptive to sleep.

Adapted from <http://www.cci.health.wa.gov.au> and Behavioral Treatments for Sleep Disorders. DOI: 10.1016/B978-0-12-381522-4.00003-1

Sleep Problems Which May Indicate Need for Further Treatment

Insomnia

If you have adequate opportunity for sleep;

BUT you are dissatisfied with your sleep quantity or quality, and have either:

1. Difficulty initiating sleep;
2. Difficulty maintaining sleep, characterized by frequent awakenings or problems returning to sleep after awakenings;
3. Early-morning awakening with inability to return to sleep;

AND this causes you significant distress or impairment in important areas of your functioning (academic, social, and/or occupational);

AND this problem occurs at least 3 nights per week;

AND has been present for at least 3 months;

These are symptoms of Insomnia Disorder, and you may benefit from further treatment of these problems. There are good, evidence-based treatments available such as Cognitive Behavioral Therapy for Insomnia (CBT-i).

Nightmares

Weekly nightmares are experienced by only 1-2% of the adult population (they are actually more common in children, with 19% of children experiencing weekly nightmares). There is some emerging research that the college student population may experience nightmares more than the general population, but it's important to know that nightmares can be treated. If you are suffering from nightmares that are distressing to you and interfere with your sleep, there is help available! The first line treatment for nightmare disorder is called Imagery Rehearsal Therapy (IRT).

Treatment

Mental health treatment for insomnia, nightmares, or other sleep difficulties is available through Student Counseling Services and through MSU Psychology's specialty sleep clinic. Please contact your referring clinician for more information and to get connected if you are having any of these concerns.

Relaxing 'Safe Place' Imagery

All visualisations can be strengthened by ensuring you engage all your senses in building the picture in your mind's eye - it's more than just "seeing"!

If you notice any negative links or images entering your positive imagery, then discard that image and think of something else. Avoid using your home (or bed) as a 'safe place'. You can create a new 'safe place' in your imagination.



Start by getting comfortable in a quiet place where you won't be disturbed, and take a couple of minutes to focus on your breathing, close your eyes, become aware of any tension in your body, and let that tension go with each out-breath.

- Imagine a place where you can feel calm, peaceful and safe. It may be a place you've been to before, somewhere you've dreamed about going to, somewhere you've seen a picture of, or just a peaceful place you can create in your mind's eye.
- Look around you in that place, notice the colours and shapes. What else do you notice?
- Now notice the sounds that are around you, or perhaps the silence. Sounds far away and those nearer to you. Those that are more noticeable, and those that are more subtle.
- Think about any smells you notice there.
- Then focus on any skin sensations - the earth beneath you or whatever is supporting you in that place, the temperature, any movement of air, anything else you can touch.
- Notice the pleasant physical sensations in your body whilst you enjoy this safe place.
- Now whilst you're in your peaceful and safe place, you might choose to give it a name, whether one word or a phrase that you can use to bring that image back, anytime you need to.
- You can choose to linger there a while, just enjoying the peacefulness and serenity. You can leave whenever you want to, just by opening your eyes and being aware of where you are now, and bringing yourself back to alertness in the 'here and now'.

www.getselfhelp.co.uk/imagery.htm

www.get.gg

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