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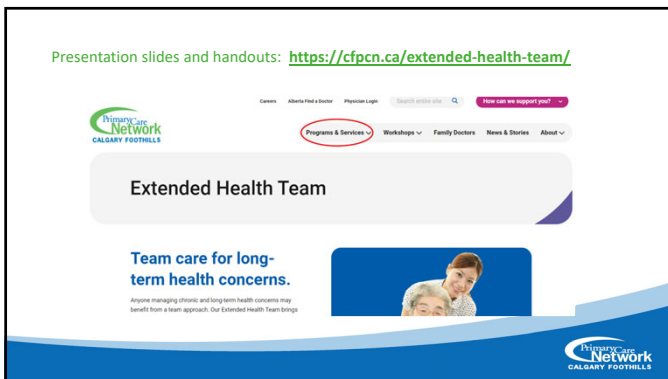
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**Virtual and In-Person Group Housekeeping**

**Using Teams**


- o Video, audio, chat
- o Technical issues  
EHT Reception: 403-374-0244 Ext. 3

**Group norms**

- o Respect
- o Confidentiality
- o Participation

**Take Care**

- o Bathrooms
- o Stretching
- o Cellphones



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**Housekeeping: Part Two**

**Attendance**

- o 2 session group – once weekly, same time, same place
- o If virtual class, same link each week to log on
- o You will not receive a reminder for any future classes
- Contact EHT reception 403-374-0244 Ext. 3 if you will be unable to make the 2nd session
- o Any missed content can be reviewed on our website at [www.cfpcn.ca](http://www.cfpcn.ca)

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**Self-Management Plan**

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CALGARY FOOTBALLS

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### Ice Breaker



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### Objectives



- Providing education and skills to reduce personal suffering associated with sleep problems
- By improving sleep, we can also experience improvement in mood, anxiety symptoms, and chronic pain concerns

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### AGENDA Week 1

Chronic pain and sleep concerns

- Definition of insomnia and types of insomnia
- Basics of Sleep Hygiene
- What causes insomnia?
- What is CBT-I?
- Getting started: Collecting data about our sleep
- Homework



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**AGENDA Week 2**

- Review Homework
- Talk about sleep Efficiency
- Consider our thoughts and beliefs about sleep
- Review typical medications around sleep.



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**Chronic pain and sleep concerns**

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**Chronic pain and sleep concerns**

- Research shows that between 50% and 80% of patients with chronic pain experience sleep difficulties (Cheatle et al., 2016)
- Studies have shown that disrupted sleep tends to increase sensitivity to pain (Schrimpf et al.,2015)
- Chronic lack of sleep may also negatively impact thinking abilities and attention

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**Chronic pain and sleep concerns**

- Chronic pain may make it more difficult to fall asleep and/or be related to awakenings during the night
- Quieting one’s environment is a strategy often used to prepare for sleep
- This can be a problem for patients with chronic pain because the brain may focus more on the pain

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**Chronic pain and sleep concerns**

- Patients with pain feel they are less in control over their sleep, worry more about lack of sleep impacting their health
- People with pain have increased sleep sensitivity (to noise, temperature, light, mattress quality, etc.)
- Pain can trigger microarousals (transitions to lighter sleep), which can lead to awakenings

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**Take Home points**

- ▶ Chronic pain may impact sleep quality and quantity
- ♥ People with chronic pain tend to be more sensitive to environmental factors that may disrupt sleep
- 🕒 Disrupted sleep can make pain worse
- 🗨️ Chronic lack of sleep may impact our ability to think clearly and to focus attention

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### Definition of insomnia



- Insomnia is difficulty falling asleep or staying asleep
- People with insomnia may experience fatigue, low energy, difficulty concentrating, Irritability, anxiety, low mood, and decreased functioning

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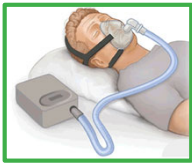
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### Insomnia versus Sleep Apnea



- Insomnia is a condition where an individual has difficulty in sleeping.
- Sleep apnea is a condition where the breathing of the individual gets interrupted during sleep
- Most common symptoms are loud snoring and restless sleep
- Requires medical testing and treatment
- Screening test available at <http://stopbang.ca/osa/screening.php>

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### Types of insomnia



- Acute insomnia is brief, and it often happens because of stressful situations or illness
- Chronic insomnia: at least three nights per week for at least three months

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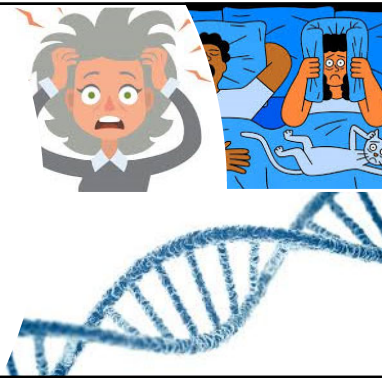
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### What causes Insomnia?

Insomnia is caused by Predisposing and Precipitating factors



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### Vulnerability Factors



- Genetics: a weak sleep-generating system, as hyper-reactive nervous system
- Psychological: anxiety, depression, tendency to engage in over-thinking
- Social: Disruptive bed partner (snoring, incompatible sleep schedules), shift work

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### Triggering Factors



- Sudden Events
- Stressful situations
- Illness or injury
- Lifestyle changes

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### Take Home points

- Insomnia is defined as difficulty with falling or staying asleep
- Episodes of acute insomnia often happen when we are going through stressful circumstances
- Chronic insomnia: at least three nights per weeks for at least three months
- There are predisposing and precipitating factors for insomnia: we can learn to manage some of them

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### What perpetuates or prolongs Insomnia?

We often use these strategies to try to get more sleep:

- Spending too much time in bed
- Increasing non-sleep related activities in the bedroom



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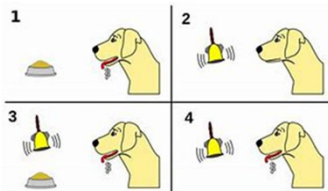
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### Pavlov's dog: An example of training

Pavlov's experiment:



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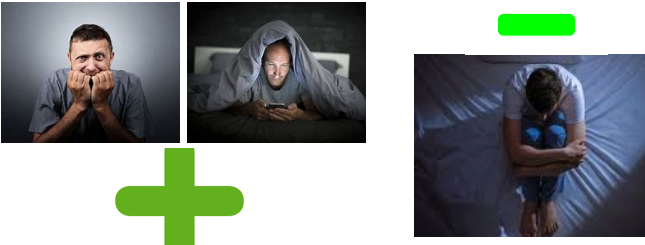
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### People's insomnia "training":



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### Sleep Hygiene



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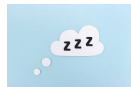
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### Sleep Hygiene



• Sleep Hygiene: daily routines and bedroom environment that promote better sleep

1. Have a consistent wake up time: it resets your sleep system
2. Avoid or limit naps
3. Maintain a consistent sleep routine
4. Take at least half an hour to relax before bed: reading, music, stretching, mindfulness or relaxation practices, etc.

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### Sleep Hygiene



- 5. Avoid tossing and turning, get up from bed if you have not been able to fall asleep after 20-30 minutes
- 6. Get exposure to daylight, especially in the morning
- 7. Move: Resting all day undermines your ability to sleep at night
- 8. Don't eat a large meal at dinner and don't go to bed hungry

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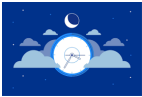
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### Sleep Hygiene



- 10. Avoid tobacco and alcohol in the evening. Limit daily caffeine consumption
- 11. Use a comfortable mattress, pillow, and bedding
- 12. Set a cool but comfortable temperature in the bedroom
- 13. Manage noise (earplugs or white noise may help)
- 14. Darken your bedroom (eye mask or blackout curtains if needed)

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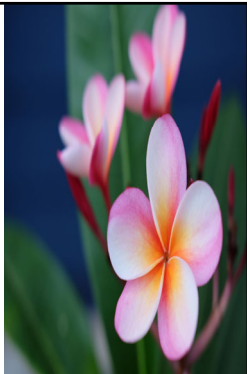
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### Learn about Mindfulness:

Mindfulness is a focusing skill. When your brain is wondering to unhelpful places, like worry or problem solving, we want to learn to re-focus to the here and now.




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**Examples of Mindfulness and Relaxation techniques**

- Body scan  
[https://www.youtube.com/watch?v=ihwcv\\_ofuME](https://www.youtube.com/watch?v=ihwcv_ofuME)
- Diaphragmatic Breathing  
<https://www.youtube.com/watch?v=Wemm-i6Xhr8>
- Listening to a relaxation script  
<https://www.youtube.com/watch?v=i50ZAs7v9es>

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**Take home points**

- Pro-longing factors are often what (over time) transform acute insomnia into chronic insomnia
- Some of the strategies we use to fight temporary insomnia may backfire and become pro-longing factors
- The mind often trains itself to associate our bed/bedtime with activities that are incompatible with sleep

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**Curiosity: The first step toward improving sleep**

- Most people don't have an accurate/detailed recollection of their sleep quality/quantity
- People usually know that they have not been sleeping well in a more general sense

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- CBT-I means: Cognitive Behavioural Therapy for Insomnia
- It is an approach backed by scientific research
- It works through noticing the habitual thoughts, core beliefs, and behaviours we experience in relation with sleep
- After we notice what we are doing and thinking, we work on changing the habits, strategies and thinking patterns that are not helping

## CBT-I: How does it work?

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### Sleep Log and Why We Use It?



- To make sure we really understand what is going on, it pays off to behave like a curious scientist
- We will use a sleep log to keep track of our sleep patterns for at least a week (ideally for two weeks)
- We will discuss insights the data we collected so far during our next class
- Let's go over the instructions for filling your sleep log

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### The Sleep log: Important points to remember




KEEP A LOG TRACKING YOUR SLEEP PATTERNS FOR THIS NEXT WEEK




IDEALLY, YOU WOULD COMPLETE IT IN THE MORNING UPON AWAKING



REMEMBER TO NOT WATCH THE CLOCK SINCE THIS MAY CREATE MORE STRESS AND DISRUPT SLEEP



USE A "BALLPARK" ESTIMATION OF HOW LONG IT TOOK TO FALL ASLEEP OR HOW LONG YOU WERE AWAKE



RECORD THE TIME YOU WENT TO BED AND THE TIME YOU GOT OUT FROM BED

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Homework: Please fill in the two forms below: ☺:

Sleep Log:  
<https://cfpcn.ca/wp-content/uploads/2023/12/Sleep-101-Sleep-Log.pdf>  
(Carney et al., 2012)

My Beliefs About Sleep Questionnaire: <https://cfpcn.ca/wp-content/uploads/2023/12/My-beliefs-about-sleep-questionnaire.pdf>  
(Carney, 2013)

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Primary Care Network  
CALGARY FOOTHILLS

Your Health, Your Team, Your Community

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