

Sleep 101

A CBT-I group for patients with chronic pain
Class #1



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Land Acknowledgement

In the spirit of respect, reciprocity and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot confederacy: Siksika, Kainai, Piikani, as well as the Iyāxe Nakoda and Tsuut'ina nations. We acknowledge that this territory is home to districts 4, 5 and 6 of the Otipemisiwak Métis Government. Finally, we acknowledge all Nations – Indigenous and non – who live, work and play on this land, and who honour and celebrate this territory.

This sacred gathering place provides us with an opportunity to engage in and demonstrate leadership on reconciliation. Thank you for your enthusiasm and commitment to join our team on the lands of Treaty 7 territory.



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Housekeeping items

While you're here:

- In case of emergency, evacuate using the stairs
 - The muster point is in the surface parking lot, marked by a yellow sign
- Washrooms are down the hallway
 - The doors lock using the tall button next to the toilet that says "lock" in red lettering

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Virtual and In-Person Group Housekeeping

Using Teams

- o Video, audio, chat
- o Technical issues: EHT Reception: 587-774-9736

Group norms

- o Respect
- o Confidentiality
- o Participation
- o Bathrooms
- o Stretching
- o Cellphones



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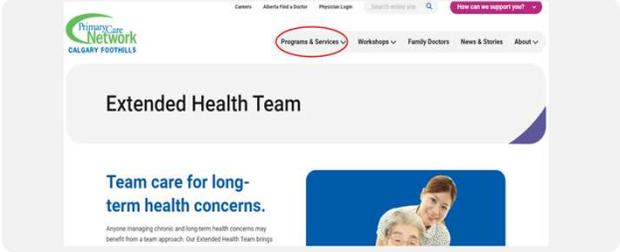
Housekeeping: Part Two

Attendance

- o 2 session group – once weekly, same time, same place
- o Log onto the same virtual link each week (for virtual class)
- o You will not receive a reminder for any future classes
- o Contact EHT reception if you will be unable to make the 2nd session at 587-774-9736
- o Any missed content can be reviewed on our website at www.cfpcn.ca/extended-health-team/

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Presentation slides and handouts: <https://cfpcn.ca/extended-health-team/>



Extended Health Team

Team care for long-term health concerns.

Anyone managing chronic and long-term health concerns may benefit from a team approach. Our Extended Health Team brings

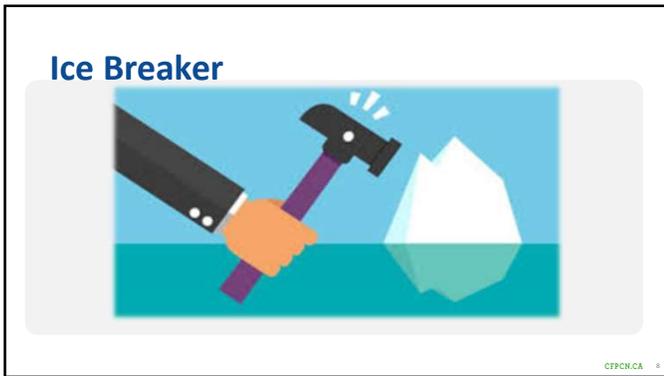
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Week 1 Agenda

- Definition of insomnia and factors that impact insomnia
- Chronic pain and sleep concerns
- What is CBT-I? The 5 pillars of CBT-I
- Review of Stimulus control, Relaxation Strategies and Sleep Hygiene
- Getting started: Collecting data about our sleep
- Homework

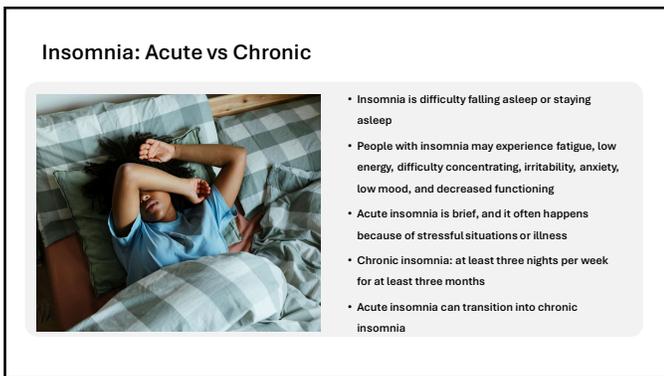
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Ice Breaker

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Insomnia: Acute vs Chronic

- 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
- 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
- Acute insomnia can transition into chronic insomnia

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Factors That Impact Insomnia: The 3 P Model

1. Vulnerability (Predisposing) Factors
2. Triggering (Precipitating) Factors
3. Perpetuating Factors

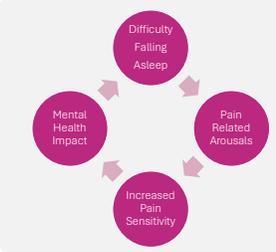
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Factors That Impact Insomnia: The 3 P Model

Predisposing Factors	Precipitating Factors	Perpetuating Factors
<ul style="list-style-type: none"> Genetics: Family history of insomnia or anxiety Psychological: anxiety, depression, tendency to engage in over-thinking Baseline sleep characteristics—naturally light sleep or irregular circadian rhythm 	<ul style="list-style-type: none"> Stressful life events Acute medical illness or pain Changes in mental health Environmental or Work/Lifestyle Changes 	<ul style="list-style-type: none"> Irregular sleep schedule Napping or staying in bed awake Worrying about sleep/ Negative sleep related beliefs Overreliance on sleep aids

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Chronic Pain and Sleep Concerns



How Chronic Pain Affects Sleep

- Chronic pain and sleep problems frequently occur together
- Vicious cycle where pain disrupts sleep and poor sleep worsens pain
- Important to break the cycle and try to address both the sleep and pain simultaneously

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What is CBT-I?

- Structured, evidenced based treatment program
- Designed to help people with insomnia to improve their sleep patterns and habits without relying on sleeping pills.
- Focuses on addressing the thoughts, feelings and behaviors that contribute to insomnia
- Aims to improve sleep quality and efficiency
- Recommended as the first line treatment of treating insomnia.

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Is CBT-I Effective?

- When CBT-I is used, 70% to 80% of patients with primary insomnia experience improvements
- Benefits include less time to fall asleep, more time spent asleep, and waking up less during the night
- Results are often maintained over time
- It does take time to learn and put the skills into practice
- It can be helpful to track progress over time

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Who Can Benefit from CBT-I?

<p>Patients who may benefit:</p> <ol style="list-style-type: none"> Adults with chronic insomnia Older adults People with Comorbid Medical or Psychiatric Conditions People trying to reduce or stop sleeping medications. 	<p>Patients who should use caution or avoid CBT-I:</p> <ol style="list-style-type: none"> Patients with untreated sleep disorders (other than insomnia) <ul style="list-style-type: none"> Obstructive Sleep Apnea Restless Legs Syndrome Patients with severe untreated mental illness <ul style="list-style-type: none"> Psychosis, mania, or severe suicidal ideation Sleep restriction should be avoided in patients with seizure disorders.
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Sleep Apnea *Sleep disorder where a person's breathing repeatedly stops and starts during sleep.*

- Symptoms of sleep apnea include:
 - Loud chronic snoring
 - Episodes of stopped breathing during sleep (often noticed by a partner)
 - Gasping choking during sleep
 - Excessive daytime sleepiness
 - Morning headaches
- Who is at risk?
 - Overweight or Obese individuals
 - Men
 - Older Adults
 - Patients with a family history
 - Patients with a larger neck circumference
 - Others

Get tested! Get treated!

• Screening test available at <http://stopbang.ca/osa/screening.php>

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Stimulus Control *Breaking negative associations with the sleep environment and bedtime routines*

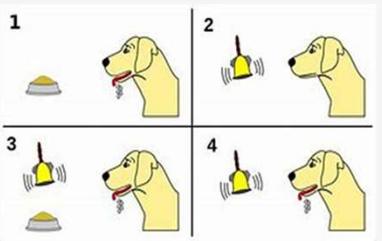
- Bed should only be used for sleep and sex
- Avoid doing other activities like reading, watching tv, playing on your phone, etc in bed
- Go to bed only when sleepy.
- Get out of bed if it's difficult to sleep
- Keep a set wake-up time.
- Avoid naps. If needed, keep them short!



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Classical Conditioning

Pavlov's Dog



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Relaxation and CBT-I

Purpose of Relaxation

- Insomnia is often maintained by hyperarousal
- Relaxation techniques can help to calm or regulate your nervous system
- Relaxation does not “force” sleep but helps to create conditions where sleep can occur naturally

Common Relaxation Techniques:



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5 Pillars of CBT-I

- ❖ Stimulus Control
- ❖ Relaxation Techniques
- ❖ Sleep Hygiene
- ❖ Sleep Drive/Sleep Restriction
- ❖ Cognitive Restructuring/Thoughts



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Mindfulness

- ❖ Mindfulness is a focusing skill. When your brain is wandering to unhelpful places, like worry or problem solving, we want to learn to re-focus to the here and now.
- ❖ Best Practices for Using Relaxation
 - Practice regularly
 - Start before bedtime
 - Don't expect immediate results
 - Use relaxation as part of your wind down routine



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Relaxation Videos

- Body scan
https://www.youtube.com/watch?v=ihwcw_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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What do you do to relax before bed?



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Sleep Hygiene *Promoting healthy sleep habits and routine*

- Keep a consistent wake up time
- Move your body every day
- Avoid or limit naps
- Don't go to bed hungry and don't eat a large meal prior to bed
- Maintain a consistent sleep routine
- Limit caffeine, alcohol, and tobacco in the evening
- Take at least 30 minutes to relax
- Keep it comfortable: temperature and mattress/bedding
- Get out of bed if unable to sleep
- Manage noise
- Get exposure to daylight in the morning
- Darken your bedroom

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Sleep Hygiene Discussion

- What are 1-2 sleep hygiene guidelines I have been breaking and how might I fix it?
- Create a SMART Goal to work on:
 - S: Specific
 - M: Measurable
 - A: Action and values
 - R: Realistic
 - T: Time and Date

Sleep Hygiene Problem	Potential Solution

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Sleep Log



To make sure we really understand what is going on, it pays off to behave like a curious scientist. Honesty/transparency is important!



We will use a sleep log to keep track of our sleep patterns for at least a week (ideally use this tool for two weeks).



We will discuss insights in the data we collected during our next class.

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Sleep Log Instructions

- 1

Take a moment each morning to record your night's sleep. You don't need to be precise. Try not to overthink it.
- 2

Fill out the questions as best as you can. If you are unsure, you can skip the question. Use a ball-park estimation of how long it took to fall asleep.
- 3

Avoid too much clock-watching which can increase stress and make your sleep worse.
- 4

If you forget to fill it out, don't record later in the day or the next. It is more likely to be inaccurate.

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Take Home Messages



- Chronic insomnia is difficulty in falling or staying asleep for at least 3 days per week for at least 3 months.
- There are many factors that can cause a person to develop chronic insomnia. Some of these factors cannot be changed (ie genetics, work hours). We can take control over some of the perpetuating factors that prolong sleeping issues.
- Chronic pain impacts sleep and sleep impacts chronic pain.
- CBT-I is a structured evidenced based program to help patients with insomnia to improve their sleep patterns and habits.

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The First 3 Pillars of CBT-I

Stimulus Control	Relaxation	Sleep Hygiene
<ul style="list-style-type: none">• Bed is only for sleep and sex• Go to bed only when sleepy.• Get out of bed if you are unable to sleep for 15-20 minutes.• Keep a set wake-up time.	<ul style="list-style-type: none">• Help to calm or regulate our nervous system• They don't "force" sleep but help to ready the body for sleep to happen naturally.• Practice a relaxation strategy: deep breathing, mindfulness, etc.	<ul style="list-style-type: none">• Help to promote healthy sleep habits and routine• What sleep habit do you need to improve on?

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Homework



- Sleep Log
- Sleep Hygiene Goal
- My Beliefs About Sleep Questionnaire

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Week 2 Agenda



- Review Homework
- Sleep system – Circadian Rhythm and Sleep Drive
- Pillars of CBT-I
 - Sleep Restriction
 - Cognitive Restructuring – looking at our thoughts and beliefs about sleep
- Review typical medications around sleep.

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Questions?



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