

# Welcome



- Lines are automatically muted on entry to the webinar
- Please use the Q/A function throughout the webinar to ask questions and provide comments/input. No one else will see what you have written and we will take some time at different points of the webinar to respond.
- We are unlikely to be able to answer all questions, but your responses will help us tailor future webinars to suit your needs.
- This webinar will be recorded and we will share the recording, with the slides after the webinar to those who signed up for this webinar through Eventbrite.
- This is intended as an educational webinar and is not a substitute for a mental health or psychological intervention. If you feel like you need more immediate support or feel that you need **urgent** help for your mood, are having thoughts of suicide, are harming yourself or have thought about self-harm, it's important to tell someone. Don't struggle by yourself. The Samaritans are here to listen at any time of day or night. You can talk to them about anything that's troubling you, no matter how difficult. Call free on **116 123**.
- More information about getting further support is at the end of this webinar.
- This webinar is being **recorded** and will be available for you along with the slides on the thrivelndn website.



# COPING WELL DURING COVID

## 5. Sleeping Better

Tues 27th April, 12.30pm

Weds 28th April, 4.00pm

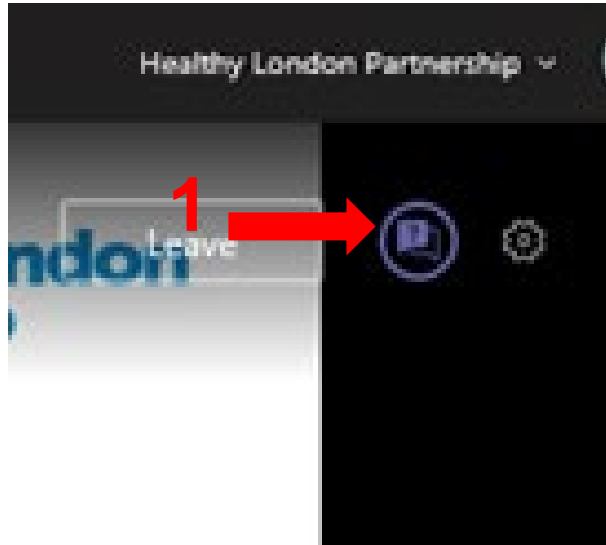


Online. Register via [thrivedn.co.uk](https://thrivedn.co.uk)

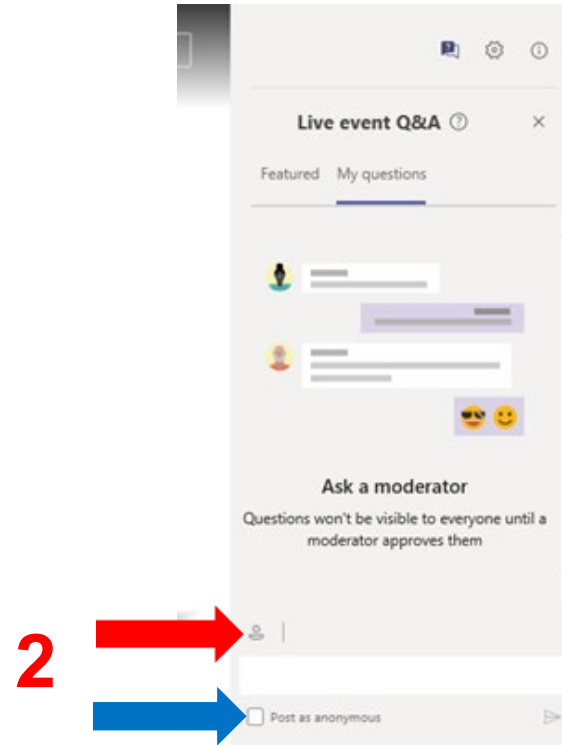
With Emily Gardner, Cognitive Behavioural Therapist,  
East London NHS Foundation Trust



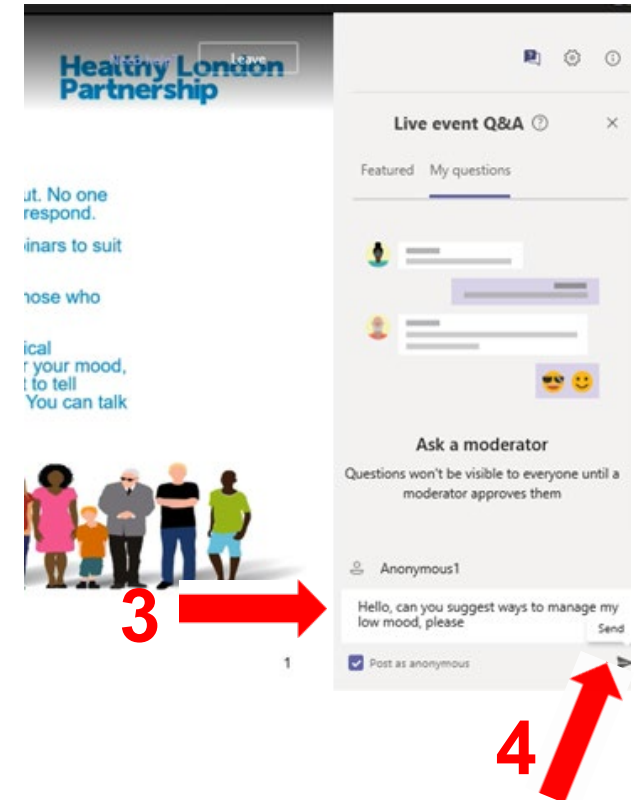
# How to use Q/A during webinar



1. Click on the box with the question mark for Q&A



2. Enter your name, or click on the small box by the blue arrow if you want to remain anonymous



3. Enter your question.  
4. Click on the arrow to send.

## Tell us about you

Please like the relevant option in the Q/A, who you are here for:

- A. For yourself
- B. For a family member or friend who is struggling
- C. As a professional (please tell us what your role is)
- D. Other (please explain)

# What are we offering?

- A series of webinars to help you cope with the impact caused by the Coronavirus.
- The theme will be different each week
- Focus on the different ways your wellbeing may be impacted.
- Understanding why you feel the way you feel.
- Strategies and techniques to help manage the way you feel.



## Let's see your responses...

Who are you here for today:

- A. For yourself
- B. For a family member or friend who is struggling
- C. As a professional (please tell us what your role is)
- D. Other (please explain)

**Use Q/A to answer this question....**



**What do you hope to get out of this Webinar?**

# What to expect



- Toolkit of **evidence-based resources, ideas and tools.**
- The content of these webinars is based on Cognitive Behavioural Therapy (CBT).
- CBT focusses on making changes to our thoughts and behaviour to improve our mood.



## Objective of this webinar

- Understanding sleep, insomnia and sleep statistics and why we sleep
- Knowledge of several techniques which can be used to help overcome sleep problems.

**Let's look at your responses...**



**What do you hope to get out of the Webinar?**



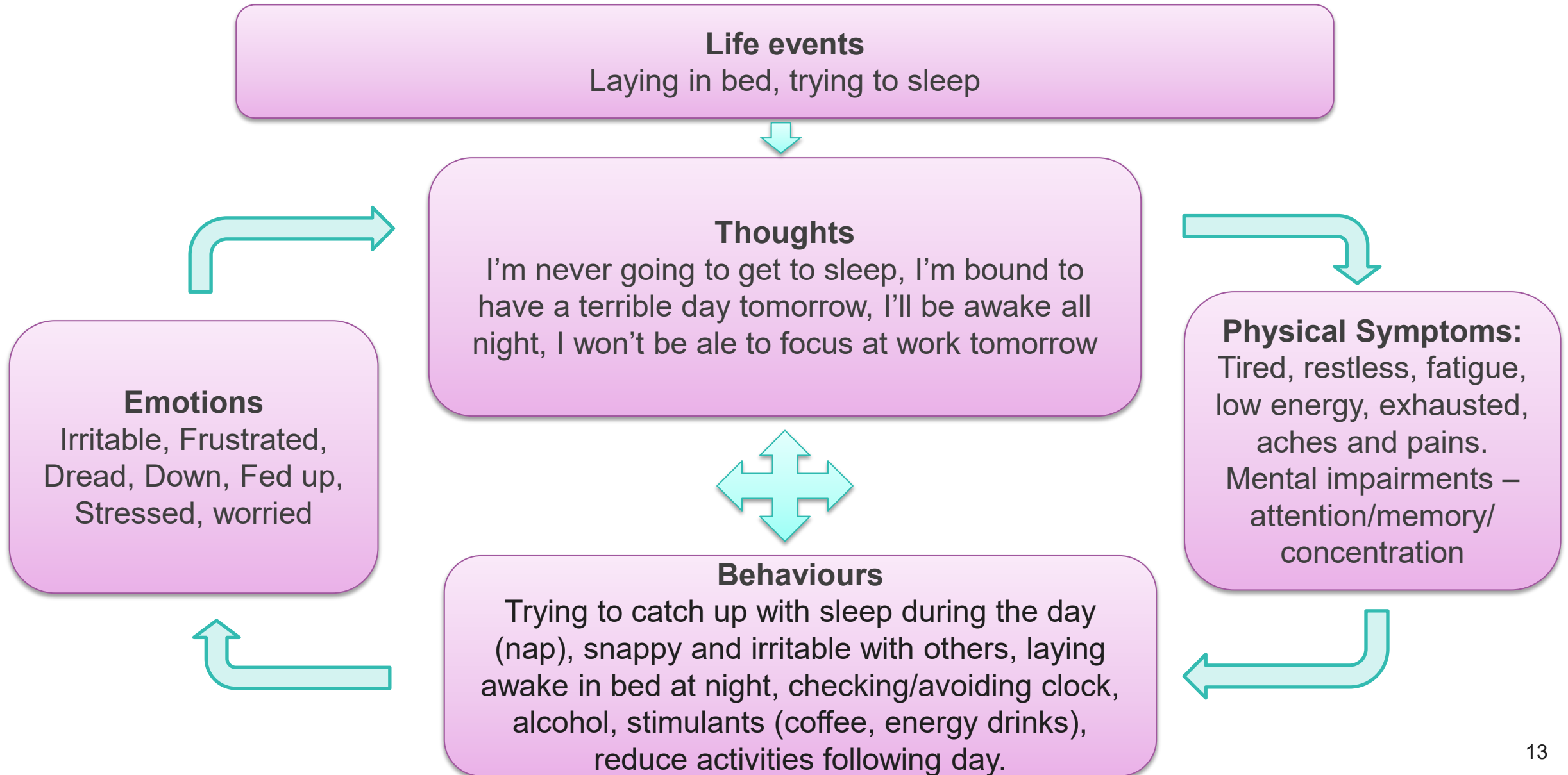
If you need urgent support right now...

Don't struggle by yourself.

The Samaritans are here to listen at any time of day or night. You can talk to them about anything that's troubling you, no matter how difficult.

Call free on **116 123**.

# Five Areas Model



# How much sleep do you get each night?

## How much sleep do you get each night?



Poll:

- A. Less than 5 hours
- B. 5-6 hours
- C. 6-7 hours
- D. 7-8 hours
- E. More than 9 hours

# Insomnia Statistics

- Insomnia is thought to affect about **one third** of the general population in the UK
- Since lockdown this has increased to **half the population**.

**CBT has been found to be an effective treatment for chronic insomnia that produces meaningful improvements in sleep diary outcomes.**

# Statistics from the British Sleep Council's 'Great British Bedtime Report' 2013

## How much sleep do Brits get?





## How much sleep do you get each night?



Poll:

- A. Less than 5 hours
- B. 5-6 hours
- C. 6-7 hours
- D. 7-8 hours
- E. More than 9 hours

# Why do we sleep?

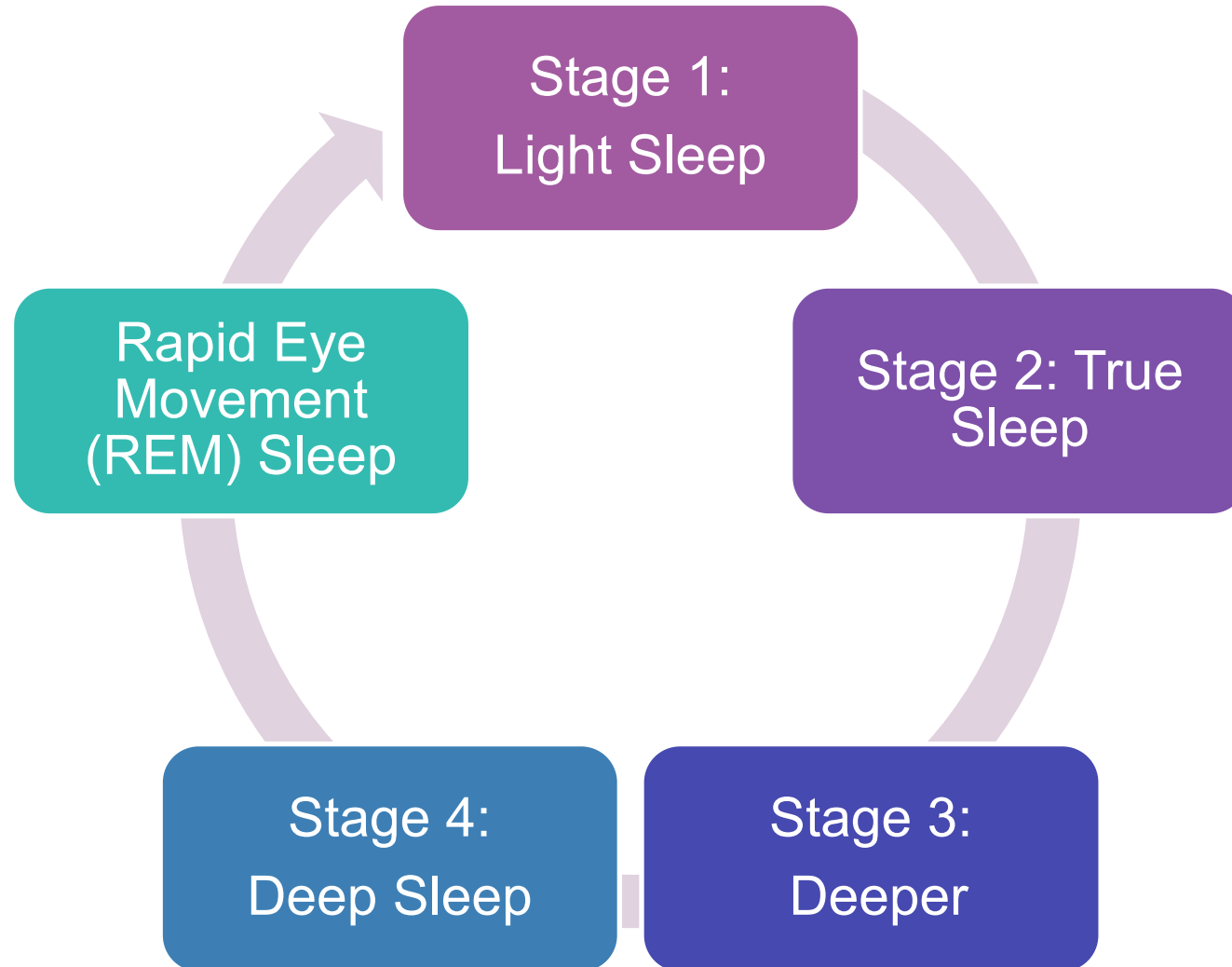
- Sleep is **essential to humans**, just like air, water and food.
- Sleep serves a **restorative** purpose physiologically and psychologically.

# How much sleep do we need?



- The amount of sleep we need across our lifetime varies
- But there is also variation within each group
- We each need different amounts of sleep, depending on a number of factors
- However, the 7-9 hour range provides a good benchmark

# What happens when we sleep?



## Lack of sleep

- Poor attention, concentration and memory
- Irritability and other mood disturbances
- Impaired judgement and reaction time
- Poor physical coordination (dangerous for driving)

# Steps to overcome insomnia





# Step 1: Sleep Hygiene

# Step 1: Sleep Hygiene

## Environment

Quiet  
Dark  
Cool

## Mind

Pre-bedtime routine  
Stop trying to sleep

## Body

Caffeine  
Smoking  
Alcohol  
Eating  
Exercise



## Preparing the mind for sleep

- Should start **60-90 minutes** before bed
- This period should help you start **unwinding**
- ‘Putting the day to rest’
  - e.g. put away laptop or work things, turn off email notifications.
- Relaxation activities
- If you have trouble sleeping, **avoid electronics** before bed or in the middle of the night.

## Example evening wind down routine

7.45-8.30: Complete most important work/household activities

8.30-10.00 Complete other activities

10.15-11.15: Work/activity completed - Relaxation time (reading, TV, relaxation exercises)

11.15: Pre-bed sequence (locking up, change, wash)

11.30: retire to bed, practise relaxation



Stop trying to sleep!



## **Step 2: Sleep Retraining**

## Step 2: Sleep Retraining



Good sleepers have a **strong association** between bed and sleep

## Step 2: Sleep Retraining



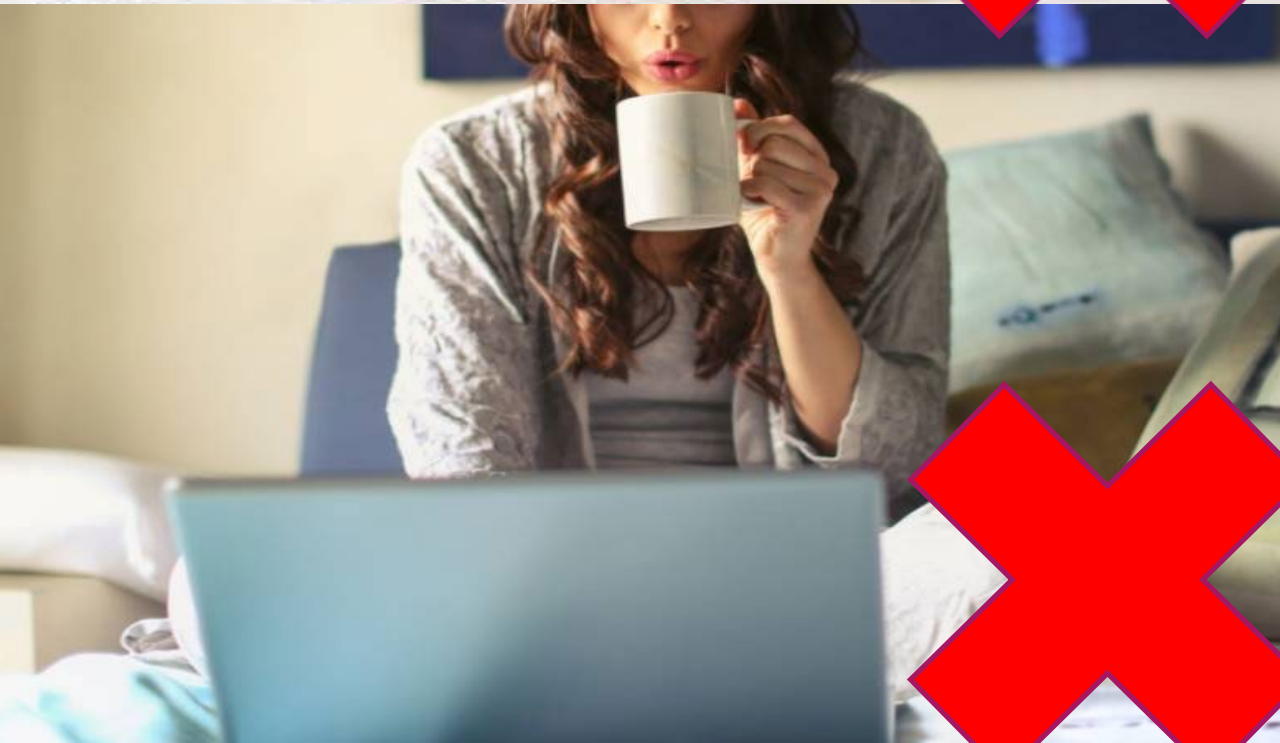
Poor sleepers have **less of a strong association** between bed and sleep

## Step 2: Sleep Retraining



Poor sleepers have a **strong association** with bed and **lack of sleep**







## Step 2: Sleep Retraining

### The 15 minute Rule

- If sleep does not come within 15 minutes, **get out of bed and go to another room**
- Engage in a **relaxing and unengaging** activity
- Don't return to bed until you are **'sleepy tired'**
- You don't have to wait for 15 minutes
- Don't count down the clock- 15 minutes is an **estimate**
- This may mean getting up many times at first- **keep going!**





Sleeping is no mean art: for its sake one must stay awake all day.

Friedrich Nietzsche

“ quote fancy

# Step 3: Sleep Restriction



## Step 3: Sleep Restriction

- Find your '**sleep window**'
- Average total sleep time (using 1-2 week sleep diary)

## Step 3: Sleep Restriction

### Stage 1: Determine your allowed time in bed

- Keep a **sleep diary** for at least 1 week
- Add up the total amount of hours and divide this number by the number of days recorded
- This will give you your current average amount of sleep per night
- This is your new **sleep window**

# Sleep Restriction Diary Example

	9 pm	10	11	12	1 am	2	3	4	5	6	7	8	9	10	Hours asleep	Hours in bed
<b>Monday</b>				←	→										6 ½	7 ½
<b>Tuesday</b>				←	→										7	7 ½
<b>Wednesday</b>					←	→									5	7
<b>Thursday</b>				←	→										5 ½	7
<b>Friday</b>					←	→									6 ½	6 ½
<b>Saturday</b>				←	→										6	8
<b>Sunday</b>					←	→									5	6 ½
														Total	41 ½	60
														Av.	<b>5.9</b>	7.14

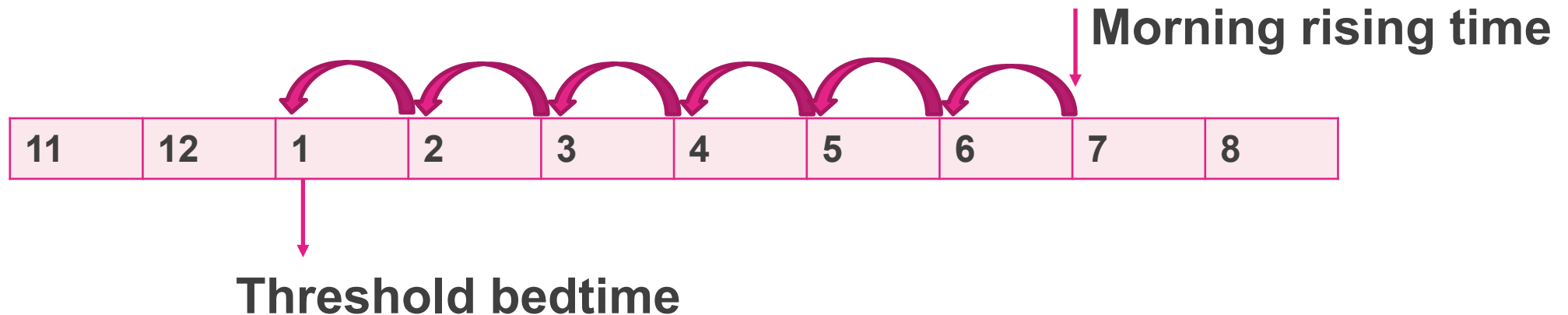
↑  
**Sleep Window**

- **Stage 2: Set a wake-up time**
- Once you have your **sleep window** (e.g. **6 hours**) you should now choose a morning wake time to anchor your sleep around, e.g. **7am**

## Step 3: Sleep Restriction

### Stage 3: Set a threshold bedtime

- Subtract your **average sleep time (6)** from your morning rising time (**7am**).
- This will provide your **threshold bedtime**. **E.g. 1 am**





## Step 3: Sleep Restriction

- **Threshold bedtime** = the earliest point at which you can go to bed.

**You should only go to bed when you actually feel sleepy.**

### **Step 4: Stick to this sleep schedule as closely as possible for at least two weeks**

- If you are sleeping relatively well for most nights and you feel good during the day, keep this sleep schedule.
- If you are feeling tired during the day, you may want to look at increasing your sleep window

## Step 3: Sleep Restriction

**Q: When can I increase my sleep window?**

A: Once you are sleeping 90% of the time that you are in bed, for one full week, you can increase your time in bed by 15 minutes, either by going to bed 15 minutes earlier, or by staying in bed 15 minutes later.

You can use the sleep efficiency calculation to help you work this out.

## Step 3: Sleep Restriction

### Calculating sleep efficiency:

$$\text{Total hours asleep (sleep time)} \div \text{Total hours in bed (sleep opportunity)} \times 100 = \text{Sleep Efficiency}$$

## Calculating sleep efficiency example

Calculating sleep efficiency example:

$$\begin{array}{ccccccc} 5.9 & & 7.14 & & 100 & & 82.63\% \\ \text{(sleep time)} & \div & \text{(sleep opportunity)} & \times & & = & \text{Sleep Efficiency} \end{array}$$

## Summary of how to use steps 2 and 3 together

1. Stay up until your threshold bedtime
2. Lie down in bed only when you feel sleepy
3. Do not use your bed for anything except sleep
4. If you cannot get to sleep quickly (within 15 minutes), get up.
5. If you cannot fall asleep, repeat step 4.
6. If you still cannot fall asleep, repeat step 4.
7. If you wake in the night, repeat step 4.
8. Get up in the morning at your rising time.
9. Do not nap during the day or evening right up to your threshold time
10. Follow your program seven days/nights a week. .

## Making Lasting Improvements to your sleep

1. Work your way up the steps; try step 1, before moving to 2 or 3.
2. Recognise that it takes time and that it may be tough to make lasting changes.
3. Deal positively with any setbacks.

# Shift Working

A non-traditional work schedule can disrupt a person's circadian rhythm, or "biological clock."

When thrown off it can affect:

- sleepiness
- alertness
- body temperature
- hormone levels
- hunger



## Tips for Shift Workers

- Regular sleep schedule
- Take 48 hours off after a series of shifts.
- Wear sunglasses to prevent the “daytime” clock from activating.
- Take naps when possible.
- Limit caffeine intake.
- Maintain a healthy diet rich in fruits and vegetables.
- Use heavy shades for sleeping to create a dark environment.
- Take a 30- to 60-minute nap right before your shift.
- Ask family and other live-in companions to reduce noise
- Avoid a long commute if you can
- Keep nightly rituals before bed
- Wear earplugs or use white noise
- Purchase a light box for light therapy

## Take home messages

- We need between **6 and 9 hours sleep**.
- Start a **pre-bedtime routine** 60-90 minutes before bed
- Do not use your bed for anything other than sleep
- **15 minute Rule** - If sleep does not come within 15 minutes, **get out of bed and go to another room**
- **Avoid napping**
- You can improve your sleep efficiency, by restricting the amount of time you spend in bed to your **sleep window**.

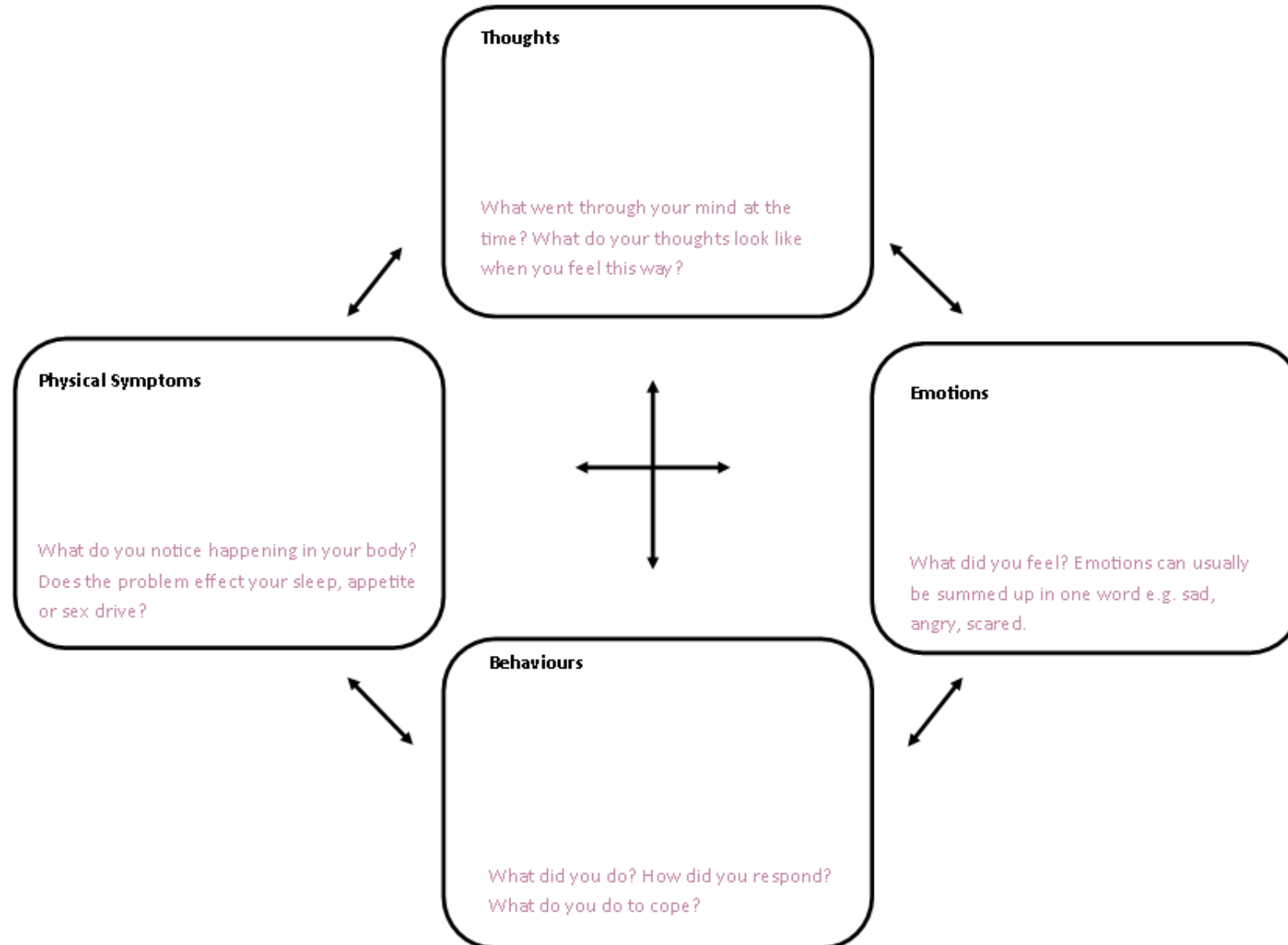
# Choose one idea from the webinar you will action this week



## Poll:

- A. Pre-bedtime Routine
- B. Bed is for sleep only
- C. 15 minute Rule
- D. Avoid napping
- E. Work out sleep window.

# Try it for yourself....



# Blank Sleep Diary

	9 pm	10	11	12	1 am	2	3	4	5	6	7	8	9	10	Hours asleep	Hours in bed
Monday																
Tuesday																
Wednesday																
Thursday																
Friday																
Saturday																
Sunday																
															Total	
															Av.	

## Step 3: Sleep Restriction

**For example:**

This person has calculated their average amount of sleep to be **6 hours**.

They have then set their rising time as **7am**, and counted backwards by **6 hours** (average sleep time) to reach a **1 am** threshold bedtime.

**After one week they have then started to set back their bedtime by 15 minutes, making their bed time 12.45 pm.**




## The next sessions in this webinar series are:

- Wednesday 28<sup>th</sup> April @ 4pm - **Sleeping Better**
- Tuesday 4<sup>th</sup> May @ 12.30pm - **Mindfulness**
- Wednesday 5<sup>th</sup> May @ 4pm – **Mindfulness**

***You can register for these webinars here:***





<https://thriveldn.co.uk/resources/coping-well-during-covid/>

## Getting more help and information









-  IAPT Psychological Therapy Services are available and free if you need more help.
-  IAPT stands for Improving Access to Psychological Therapies. These NHS funded national services offer free access to evidence based therapies for low mood, anxiety and depression across England. They offer treatment over the telephone, via online platforms and video links. If you think that you or someone you know needs support for low mood, sleep problems depression or anxiety you can self refer to your local IAPT Service.
-  Local IAPT services are listed on the NHS website and you can search with your postcode here: [https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20(IAPT)/LocationSearch/10008)



## Getting more help and information

-  If you need **urgent** help for your mood, are having thoughts of suicide, are harming yourself or have thought about self-harm, it's important to tell someone. Don't struggle by yourself. Contact your GP if you can. If you cannot wait to see a doctor or feel unable to cope or keep yourself safe, you can contact the organisations below to get support right away.
-  The Samaritans are here to listen at any time of day or night. You can talk to them about anything that's troubling you, no matter how difficult. Call free on **116 123**.
-  Shout offers confidential 24/7 crisis text support for times when you need immediate assistance. Text "**SHOUT**" to **85258**
-  NHS urgent support guidance - <https://www.nhs.uk/oneyou/every-mind-matters/urgent-support/>

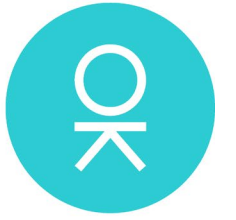
## Other useful resources and links

-  NHS Every Mind Matters - [https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc\\_id=Brand&gclid=EAlaIQobChMIkcjMo-Di6QIVnIBQBh01HQQFEAAYASAAEgKXUfD\\_BwE](https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAlaIQobChMIkcjMo-Di6QIVnIBQBh01HQQFEAAYASAAEgKXUfD_BwE)
-  Mental Health Helplines - <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
-  The NHS information about COVID-19 is available here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
-  CALM have lots of advice and information about mental health - <https://www.thecalmzone.net/>
-  Mind are a mental health charity with a wide range of information about mental health - <https://www.mind.org.uk/>
-  Citizens Advice offer support and financial advice, if you have problems with your rented home or you need to find out what benefits you can get - <https://www.citizensadvice.org.uk/>
-  National Debtline is a charity offering free and independent advice over the phone and online - <https://www.nationaldebtline.org/>
-  Sleepio is an online sleep improvement programme which delivers tailored and engaging advice, 24/7. [https://www.sleepio.com/work/nhs/#/welcome?\\_k=ua5gib](https://www.sleepio.com/work/nhs/#/welcome?_k=ua5gib)



We really value your feedback and would love to hear your thoughts about the webinar today.

Please use the link in the Q&A or via email.



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