

Medicine for Members

Getting a good night's sleep

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Jenni Hare (Psychological Therapist)

Beth Pritty (Trainee Psychological Wellbeing Practitioner)



What We Will Cover

- What is Insomnia?
- The Prevalence of Sleep Problems
- Understanding Insomnia
- Breaking the Cycle
- Support available

What Is Insomnia?

Persistent problems with sleep that happen at least three nights per week and last for more than three months. Symptoms may include:

- Difficulty falling asleep
- Waking up, on and off, during the night
- Waking up very early and not returning to sleep
- Unsatisfactory sleep quality (waking up feeling unrefreshed)

AND causes clinically significant distress or impairment in social, occupational, educational, academic, behavioural, or other important areas of functioning.

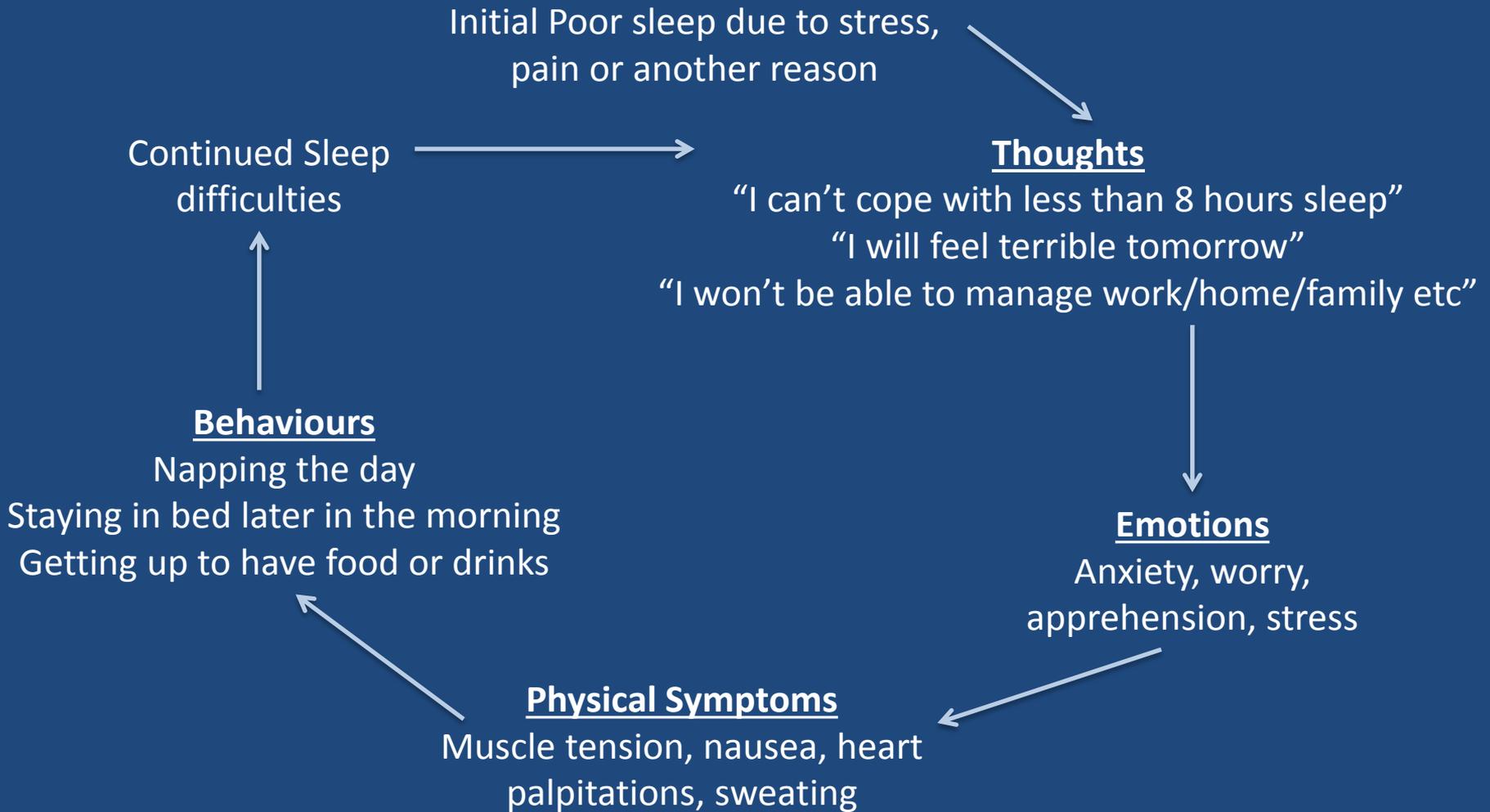
Prevalence

- Sleep problems affect 1 in 3 people at any one time
- Affects about 10% of the population on a chronic basis
- This increases to 20% for people over the age of 65
- Could be considered the most common mental health disorder if looked at on its own
- Most people will be affected by sleep difficulties at some point in their lives

Why talk about insomnia?

- *“I never used to know what people meant by having insomnia, sleep was something I took for granted. That seems so long ago now.”*
- *“When I first started having sleep problems I would wake early and have extra hours in the day. I quickly worked out that I could function ok if I slept until 5am, but if it was only until 3am then I struggled. The nights I slept only until 12.30am or 1am I felt quite mad.”*
- *“My insomnia has changed over the years. I have spells now and have to not approach each spell with trepidation that this will go on forever and ever. When it’s bad and goes on for a while I feel like I live in a different world to most other people in the early hours. I am awake, they are asleep. I can’t sleep, they can. But how can they?”*
- *“I know what I feel like when I have a full night’s sleep – and I want that, every night. Otherwise the best I can do is learn to live with days where I am tired and get through them the best I can.”*

Understanding Insomnia: a vicious cycle



Breaking the Cycle of Insomnia

Tools to combat the different aspects of Insomnia:

Managing Thoughts:

- Visualisation
- Thought blocking
- Problem solving
- “Clear your head ready for bed”
- Challenging unhelpful beliefs about sleep

Breaking the Cycle of Insomnia

Tools to combat the different aspects of Insomnia:

Reducing Physical Symptoms:

- Relaxation techniques
- Breathing Exercises

Changing Behaviours:

- Lifestyle factors (exercise, diet, environment)
- Bedtime routine
- Sleep restriction (threshold bed time and wake time)
- 15 minute rule

Further Support & Information

Icope Sleep Group

Five week CBT for Insomnia programme, 90 minute group sessions, introducing tools and techniques to improve sleep.

Self Help Books

Overcoming Sleep Problems by Colin Espie

Coping with sleep problems by Royal College of Psychiatrists

Recovery College – Getting A Good Night's Sleep

3 hour workshop on sleep hygiene and improving sleep

Sleepio

Computerised Cognitive Behavioural Therapy programme for insomnia. 6 week programme introducing tools and techniques to improve sleep.

Client feedback from iCOPE groups:

What was most helpful?

- *“Practical tips like the ‘the the the’ saying to try to stop the racing mind”*
- *“Wind-down techniques”*
- *“Relaxation techniques and sleep hygiene techniques”*
- *“Info on sleep schedules and sleep efficiency”*
- *“Sleep diary was good to analyse my sleep”*
- *Overall – group discussion and facilitators’ response to questions*

Icope Contact Details

- For more information visit our website:
<http://icope.nhs.uk/>

- Camden Icope Psychological Therapies

Self referrals – Tel: 020 3317 5600 or email:
cpts@candi.nhs.uk

- Islington Icope Psychological Therapies

Self referrals – Tel: 030 3123 1000 or email:
icope.referrals@candi.nhs.uk.

The House that Never Sleeps

Who lives in the house that never sleeps?
Lets open the door and take a peep
Can **you** see people counting sheep?
They live in the house that never sleeps

Tick Tock Tick Tock.
All you hear is the sound of the clock

Day in Day out Night after night
Their brains put up an incredible fight
They just can't seem to turn out the light
Day in Day out Night after night

Tick Tock Tick Tock.
All you hear is the sound of the clock

Nobody seems remotely aware
Of what it is like to be living out there
Every night filled with utter despair
But nobody seems remotely aware

Tick Tock Tick Tock.
All you hear is the sound of the clock

This is the train that takes you there
But before you jump on you'd better beware!
Some go there and never come back
Because they become INSOMNIACS

Tick Tock Tick Tock.
All you hear is the sound of the clock

Nobody seems to understand
What it's like to be trapped in this shadowy land
To stare at a clock with menacing hands
Nobody seems to understand

Tick Tock Tick Tock.
All you hear is the sound of the clock

If only they knew, if only they knew
Those others who think they know just what to do
They really don't have the foggiest clue
If only they knew, if only they knew

Tick Tock Tick Tock.
All you hear is the sound of the clock

Some of them manage to find their way home
But once they are home, they feel so alone
They live in a totally different zone
The ones who manage to find their way home

Tick Tock Tick Tock.
All you hear is the sound of the clock

They also appear somewhat disturbed
They can't see well, their vision is blurred
The things they say can seem so absurd
Extremely absurd and very disturbed

Tick Tock Tick Tock.
All you hear is the sound of the clock

Who lives in the house that never sleeps
Lets open the door and take a peep
I wonder **why** they are counting sheep?
Those people who never **EVER** can sleep

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