

TALLAHASSEE PULMONARY CLINIC

Pulmonary Medicine-Critical Care Medicine-Sleep Medicine

GOOD SLEEP



Are you willing to change your behavior to help you sleep better?

Are you willing to invest time and energy to change your sleep thoughts and habits?

1) Stimulus Control

- a) Lie down only when sleepy.
- b) Do not use the bed for anything except sleep and sexual activity. Do not read, watch TV, eat, use computers, or play video games in bed.
- c) Avoid physical activities or anything that involves intensive thinking. If you are frustrated because you cannot fall asleep after ten minutes, do not try harder and harder to fall asleep. Instead, get out of bed, go to another room, and do something boring until you think you may fall asleep. If you can't sleep after lying down for ten minutes, get out of bed again and repeat this routine as many times as needed.

2) Sleep Restriction—Limit the time in bed to the time that you are actually sleeping. The arising time is always fixed even if the bedtime is varied or manipulated. A person must build a drive to sleep by restricting periods of time in bed to actual sleep time.

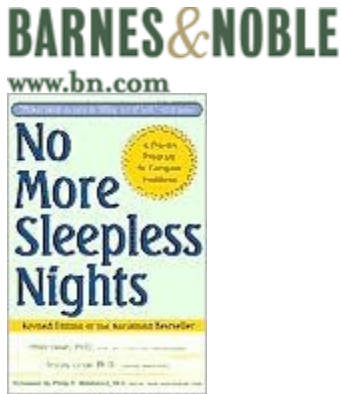
3) Relaxation Therapy—Progressive muscle relaxation and guided relaxing imagery. Create a relaxing bedtime routine.

4) Sleep Hygiene Education

- a) Do not nap during the day.
- b) Exercise regularly but not within several hours of bedtime.
- c) Avoid alcohol, caffeine, and tobacco at least 6 hours prior to bedtime.
- d) Create a comfortable sleep environment (right temperature, bedding, low light, and no noise or low noise).
- e) Avoid excessive liquids at night to decrease trips to the bathroom.
- f) Treat esophageal reflux and nasal allergies.
- g) Do not go to bed either too hungry or too full. Avoid heavy or spicy foods prior to bedtime.
- h) Fix a standard bedtime and awakening time that allows at least 7 to 8 hours of sleep. Set your alarm clock and get up at the same time each day.

5) Cognitive Therapy—Changing dysfunctional beliefs about sleep. Do not worry about how much sleep that you need. Assign yourself a “worry time” prior to bedtime. Avoid negative or self-focused thoughts about sleep.

6) Read the book No More Sleepless Nights by Peter Hauri and Shirley Linde for



No More Sleepless Nights - *Peter J. Hauri, Shirley Linde, Philip Westbrook (Foreword by)*

- Publisher: Wiley, John & Sons, Incorporated
- Pub. Date: August 28, 1996
- ISBN-13: 9780471149040
- Sales Rank: 29374
- 288 pp

Synopsis

"The best book this reviewer has seen on insomnia."—Library Journal

"Make sleep as easy as falling out of bed."—USA Today

"At last, an authoritative, sensible book for all those with trouble sleeping; this is wonderfully written and offers real help."—Rosalind D. Cartwright, Ph.D., Director, Sleep Disorder Center Rush-Presbyterian-St. Luke's Medical Center, Chicago

"Nearly everything you always wanted to know about sleep and what can go wrong with it . . . with step-by-step suggestions."—*Publishers Weekly*

This newly revised edition of Dr. Hauri's internationally acclaimed sleep therapy program offers you much more than helpful hints. You'll learn what works and what doesn't, ways to evaluate the latest insomnia treatments, and how to create your own customized sleep therapy program. With this easy-to-follow advice, there's no longer any reason to lose precious sleep. Whether your sleep problem is chronic or occasional, No More Sleepless Nights is the best remedy available.

Annotation

With this easy-to-follow, step-by-step program, readers can learn how to get to the root of their sleep problems and to successfully treat them--without using drugs, Includes sleep logs, questionnaires, charts, and checklists. Illustrations.

Library Journal

Although the catchy title may mislead, this is a serious encyclopedia of sleep disorders. Based on sleep disorder studies from the Mayo Clinic's insomnia program, of which Hauri is director, this book goes into precise detail on the many kinds of insomnia, incorporating the complete range of research and treatment in easy and accessible language. The core of the program is record keeping, and the book discusses the sleep and day logs that patients often must keep for weeks before the particular cause for the sleep disorder is discovered. For consumer health collections, this is the best book this

reviewer has seen on insomnia. Highly recommended.-- Evelyn L. Mott, Palm Beach Cty. P.L. , West Palm Beach, Fla.

Booknews

A popular, but authoritative treatment of the causes of sleep problems and how to deal with them. Hauri is Director of the Mayo Clinic Insomnia Program. Annotation c. Book News, Inc., Portland, OR (booknews.com)

Biography

PETER HAURI, Ph.D., is the former Director of the Mayo Clinic Insomnia Program and Codirector of the Sleep Disorders Center at the Mayo Clinic. Dr. Hauri is considered by many as the world's leading authority on insomnia. A pioneer in sleep research, he is the founder of the American Sleep Disorders Association. He lives in Rochester, Minnesota. SHIRLEY LINDE, Ph.D., is a bestselling author and coauthor of thirty books, including Dr. Atkins' Superenergy Diet. She is also a recipient of the Outstanding Service Award from the American Medical Writers Association. She lives in St. Petersburg, Florida.

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