

Become a Star Sleepers



By conquering insomnia and
ACHIEVING SLEEP WELLNESS

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 **WILD5 Wellness™**
Wellness Interventions for Life's Demands

BE YOUR OWN SLEEP ADVOCATE

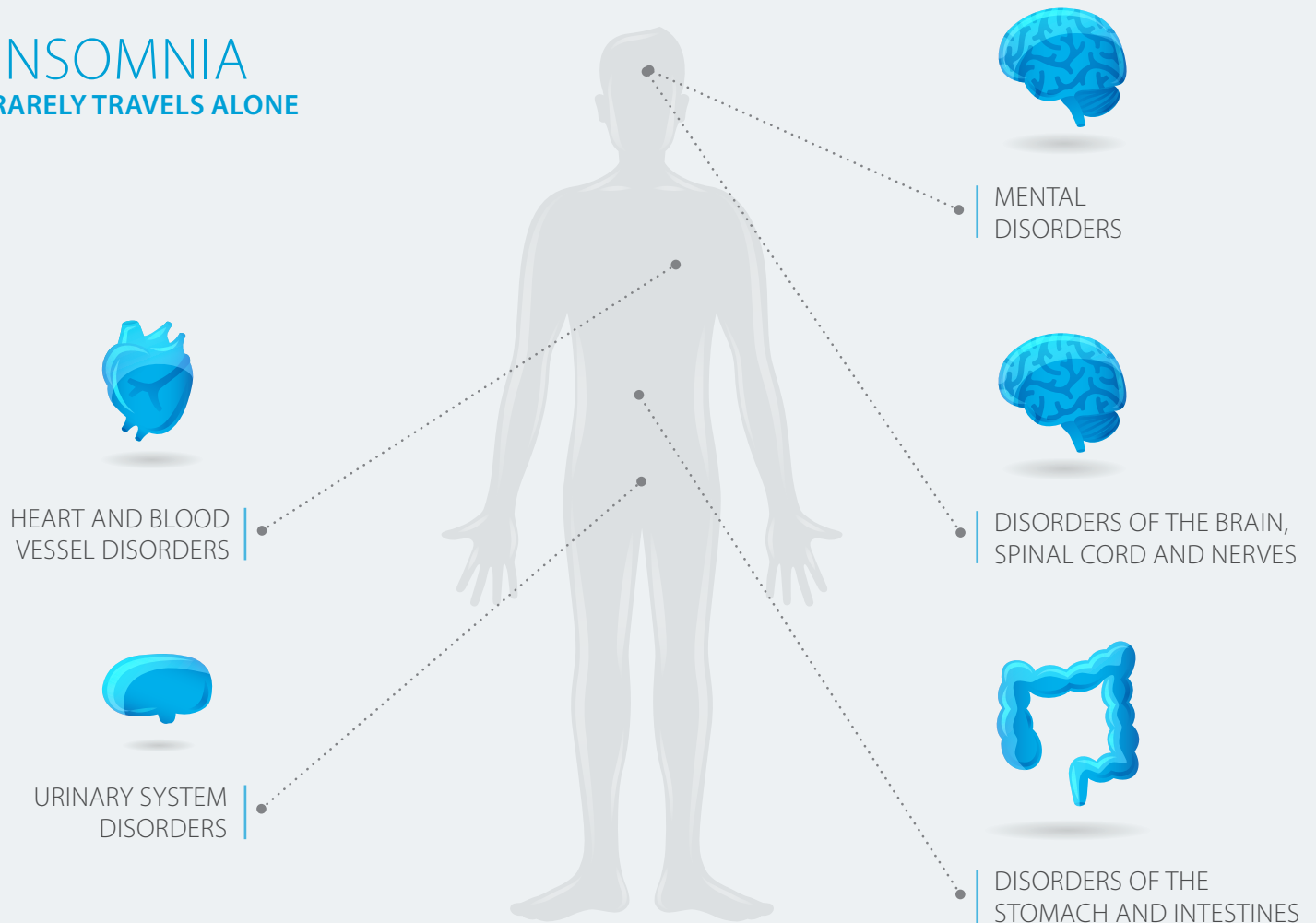
"The amount of sleep required by the average person is five minutes more."

— Wilson Mizner

And put your insomnia to rest

Insomnia is always difficult to deal with, but it can be especially exhausting when you suffer from anxiety, major depressive disorder (MDD), and/or chronic pain. To help you recover from the extra stresses you may deal with on a daily basis, it is very important to learn how to manage, and hopefully overcome, your insomnia.

INSOMNIA RARELY TRAVELS ALONE



If you've ever suffered from insomnia, you know it can seem like a wrecking ball that damages many aspects of your life. Insomnia rarely appears all by itself and is often associated with mental health disorders and other medical conditions. If you struggle with insomnia, please talk to your healthcare provider and make sure you don't overlook other potential health issues.

INSOMNIA IS OFTEN:

- UNDER-RECOGNIZED AND UNDER-TREATED
- BAD FOR YOUR HEALTH
- A MAJOR CAUSE OF DEPRESSION AND ANXIETY

The good news is that insomnia is **VERY TREATABLE**, so let's get you started on becoming a successful sleeper!

KICK THOSE BAD HABITS OUT OF THE BEDROOM!

*"Insomnia is a gross feeder.
It will nourish itself on any
kind of thinking, including
thinking about not thinking."*

— Clifton Fadiman

And start catching some zzz's

Most of us are taught about practicing good personal hygiene early on in life, but what about good sleep hygiene? Good sleep hygiene is a collection of habits that can help you fall asleep with less difficulty and stay asleep more soundly.

Here are a few recommendations to help you take steps towards a good night's sleep:

- Choose relaxing activities before bed and do them in low light.
- Remember - your bed is for sleep and sex only.
- Try and avoid daytime naps.
- Get up and go to another room if you are unable to sleep.
- Return to bed only when you feel sleepy.
- Do not watch the clock.
- Do not fall asleep anywhere other than your bed.
- Do your best to avoid caffeinated drinks after 12:00 pm.

As you begin to make these changes, don't worry if you have a few setbacks. It takes time for change to become a part of your regular routine. Just remember to hang in there and continue to practice your good sleep habits.

Are you sleeping with
the enemy?

Tablets, mobile phones, computers, televisions...
None of these items are your friend at bedtime
– they are the opposite! Be sure to limit screen
time before bed and make your bedroom
a "no phone zone!"

LEARN HOW THOUGHTS AND BEHAVIORS IMPACT SLEEP

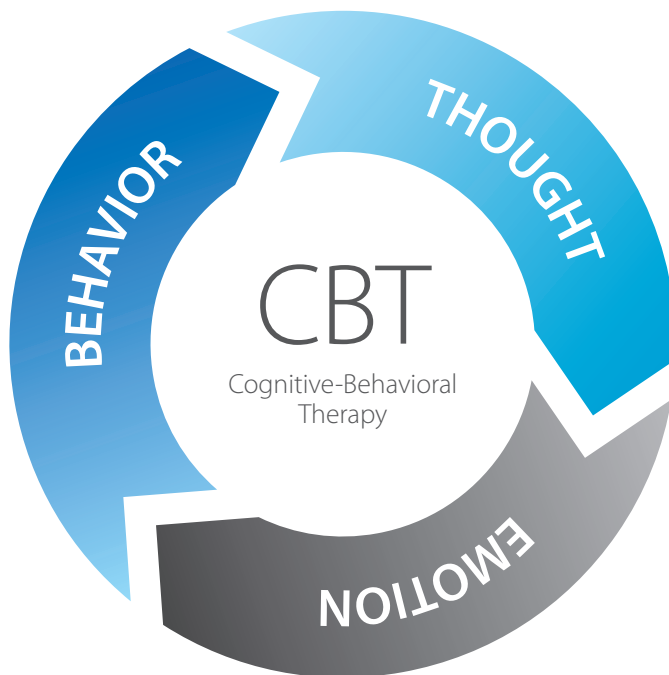
"A good laugh and a long sleep are the best cures in the doctor's book."

— Irish Proverb

Remember, YOU are the most important member of your sleep dream team!

If practicing good sleep habits doesn't have you nodding off with ease, Cognitive Behavioral Therapy for insomnia (CBT-i) may be just what the doctor ordered.

CBT-i is a structured program that helps you recognize and replace the thoughts and behaviors that may be causing your insomnia. You may consider asking your healthcare provider to recommend a psychotherapist that is trained in providing CBT-i therapy.



● WHAT WE THINK
Affects how we act and feel

● WHAT WE FEEL
Affects what we think and do

● WHAT WE DO
Affects how we think and feel

A few more helpful techniques:

- **Sleep Restriction:** spend less time awake in bed to train yourself to fall asleep more easily
- **Cognitive Therapy:** talk therapy to help you feel less anxious or stressed when you think about sleep
- **Sleep Hygiene Education:** learn new habits to help you sleep and change bad sleep habits

DEAR DIARY

Another great way to help you understand where your insomnia is coming from is to keep a detailed sleep diary. Be sure to check out the sleep diary at the back of this booklet, along with our other helpful sleep tools!

CBT-i can help you uncover the source of your sleep problems so you can get back under your covers and sleep easy, especially when you combine it with practicing good sleep habits.

SOUND HABITS FOR SOUND SLEEP

*"I'm so good at sleeping.
I can do it with my eyes closed."*

— Unknown

Consider non-medication treatment as
your first defense against sleepless nights

There are many different types of insomnia medications available and each one has its own list of risks and benefits. Sleep medications may prove helpful for your insomnia but they may not always be the best first choice. If you do decide to take a sleep medication, please remember that non-medication strategies described in this booklet should also be practiced on a daily basis.

ON THE REBOUND

Some prescription sleeping pills may cause rebound insomnia, meaning it may become even harder to fall asleep without the medication.

If you are taking a medication to help you with sleep, remember:

- **ALWAYS** talk to your healthcare provider about any medication you are currently using or plan to use.
- If possible, first try a non-medication intervention to improve sleep.
- Use the smallest dose for the shortest duration of time.
- Avoid or minimize alcohol intake when taking a sleep medication.
- When you and your healthcare provider decide to stop a sleep medication, please consider a slow and gradual taper.
- Avoid combining sleep medications and **NEVER** increase the dose of the sleep medication without consulting your healthcare provider.
- **ALWAYS** practice good sleep hygiene techniques, whether you're taking a sleep medication or not. Practicing good sleep hygiene is an absolute necessity.

Once you begin to understand and recognize your sleep issues, you'll be able to finally make some great changes so you can say goodnight to insomnia, once and for all!



The Do's of
Good Sleep
Hygiene

Keep a copy of this chart in your bedroom
so you can review the do's, and take a snooze!



Avoid all ambient light
in the bedroom.



Avoid watching TV
90-minutes before bedtime.



Wake up at the **same**
time of day and get out into
the morning light!



Avoid alcohol and heavy
meals before bedtime.



Stop drinking caffeine
at 12:00 pm.



Avoid laptops, tablets,
e-readers, and cell phones
90-minutes before bedtime.



Relax with a **good book in bed.**



Try and **avoid**
daytime naps.



Exercise in the morning,
afternoon, or evening but not
within an hour of bedtime.



Use your bedroom
for **sleep and sex only.**



Practice **quiet and calm**
activities before bed.

Your Sleep Diary

WEEK 1+2

Keeping a sleep diary for 2 weeks is a great way for you to learn about your sleep habits, and can help you keep track of anything you'd like to talk about with your healthcare provider. Fill in your diary daily, and then bring it with you to your next appointment.

Smartphone apps to track your sleeping habits are also available.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1							
What was your bedtime last night?							
What time did you wake up this morning?							
How many hours did you sleep last night?							
How many times did you wake up last night?							
How rested did you feel upon waking this morning? (0=not at all, 10=fully rested)							
Rate your daytime level of fatigue yesterday (0=extremely fatigued, 10=no fatigue at all)							
What time was your last caffeinated drink yesterday?							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 2							
What was your bedtime last night?							
What time did you wake up this morning?							
How many hours did you sleep last night?							
How many times did you wake up last night?							
How rested did you feel upon waking this morning? (0=not at all, 10=fully rested)							
Rate your daytime level of fatigue yesterday (0=extremely fatigued, 10=no fatigue at all)							
What time was your last caffeinated drink yesterday?							

MY ACTION PLAN

Please fill out your action plan and take it with you to your next appointment, so you and your healthcare provider can create a game plan to conquer your insomnia.

1. MY CURRENT SLEEP HABITS:

2. WAYS I CAN DEAL WITH MY SLEEP PROBLEMS:

3. ROADBLOCKS THAT KEEP ME FROM SLEEPING WELL:

4. CURRENT LIST OF PRESCRIBED AND/OR OVER-THE-COUNTER SLEEP MEDICATIONS (IF ANY):

5. MY ACTION PLAN FOR IMPROVING MY SLEEP: