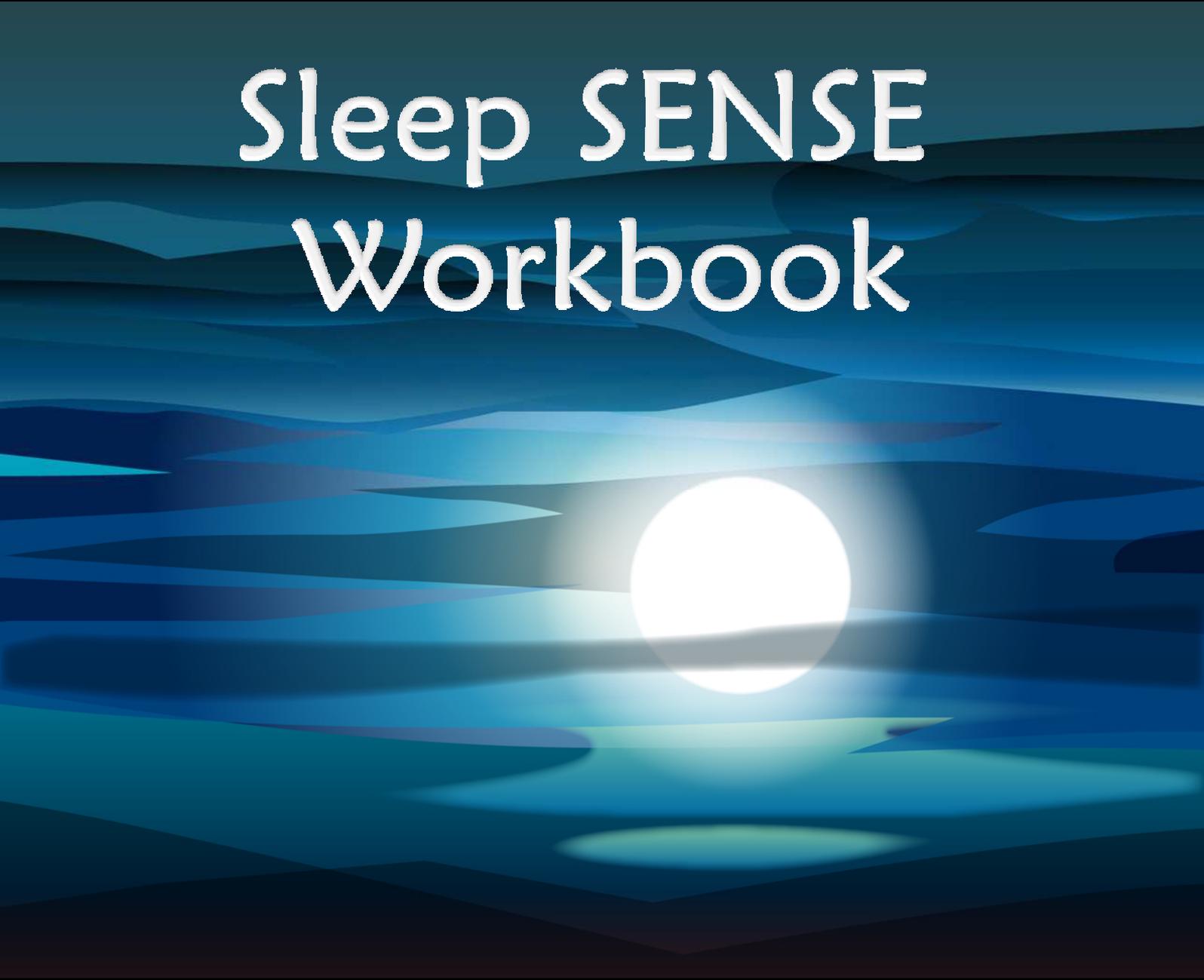


Sleep SENSE Workbook



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- Dahl, R. E., Harvey, A. G., Forbes, E. E., McMakin, D. L., & Trubnick, L. (2009). *Sleeping Tigers: Treatment for Sleep Problems in Young People*. Unpublished manual. University of Pittsburgh.
- Dahl, R. E., Harvey, A. G., Forbes, E. E., McMakin, D. L., & Trubnick, L. (2009). *Sleeping Tigers Workbook*. Unpublished workbook. University of Pittsburgh.
- Bootzin, R. R., Shapiro, S. L., Bailey, E. T., & Britton, W. B. (2005). *Sleep Treatment Manual for Adolescents*. Unpublished manual. University of Arizona and Santa Clara University.

The Sleep SENSE Workbook and Facilitator's Manual also draw on research described in:

- Bootzin, R. R., & Stevens, S. J. (2005). Adolescents, substance abuse, and the treatment of insomnia and daytime sleepiness. *Clinical Psychology Review, 25*(5), 629–44.
- Cousins, J. C., Bootzin, R. R., Stevens, S. J., Ruiz, B. S., & Haynes, P. L. (2007). Parental involvement, psychological distress, and sleep: a preliminary examination in sleep-disturbed adolescents with a history of substance abuse. *Journal of Family Psychology, 21*(1), 104–13.
- Dahl, R. E., & El-sheikh, M. (2007). Considering Sleep in a Family Context: Introduction to the Special Issue. *Journal of Family Psychology, 21*(1), 1–3.
- Bei B, Byrne, M.L., Ivens, C., Waloszek, J., Woods, M. J., Dudgeon, P., Murray, G., Nicholas, C.L., Trinder, J. A., & Allen, N. B. (2013). Pilot study of a mindfulness-based, multi-component, in-school group sleep intervention in adolescent girls. *Early Intervention in Psychiatry, 7*(2), 213-220.

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The contents of the Sleep SENSE Workbook and Facilitator's Manual are solely the responsibility of the individual authors and do not reflect the views of the NHMRC.

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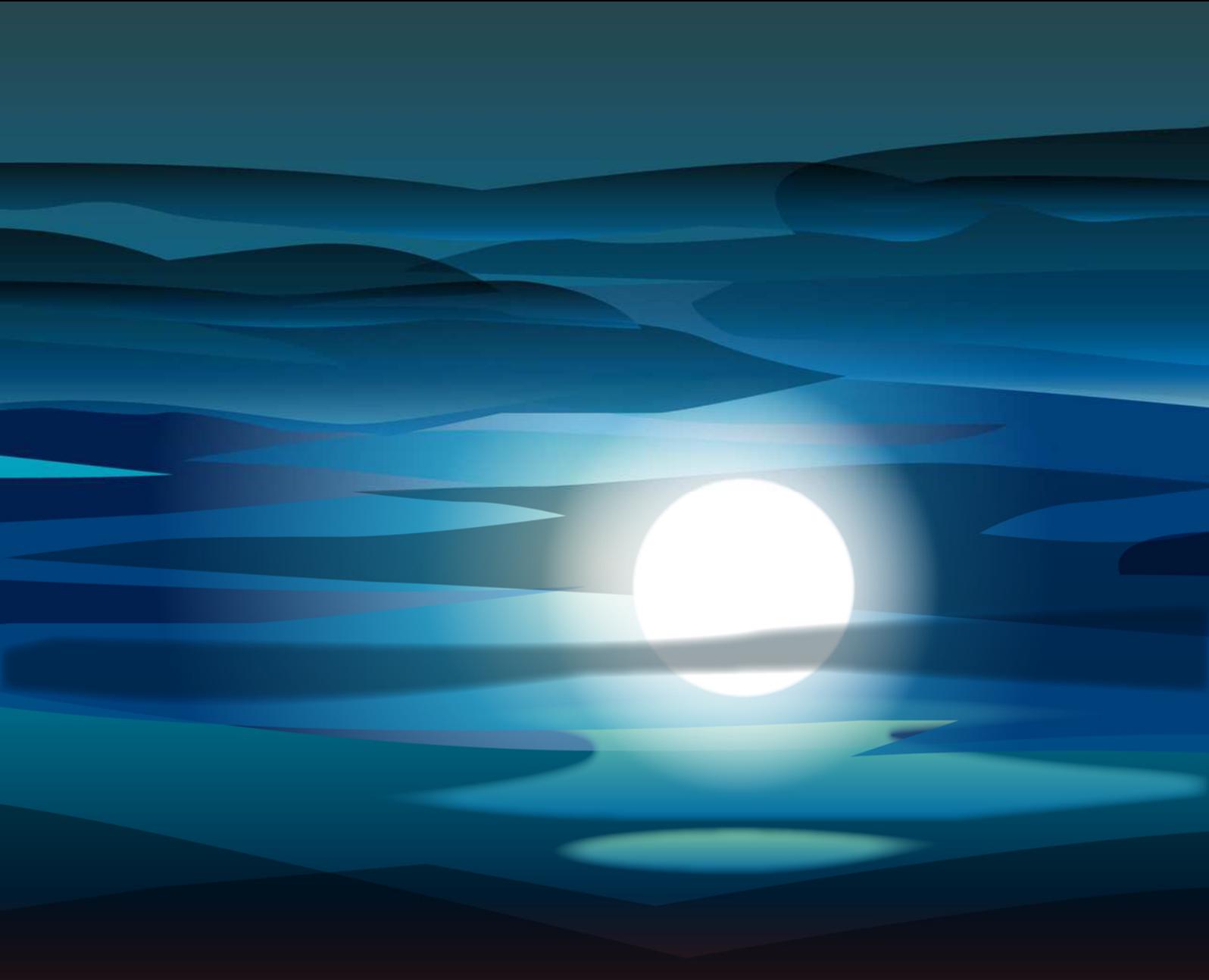
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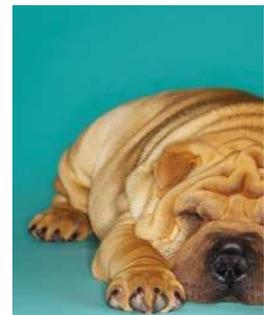


Sleep SENSE Workbook

Name:

What is Sleep SENSE?

- ★ Sleep SENSE is a program designed to help you get a good night's sleep!
- ★ Sleep SENSE focuses on the behaviours, thoughts and feelings that affect your sleep
- ★ Over the next seven sessions you will learn:
 - Why sleep is important
 - Strategies to help you sleep well
 - How to identify and overcome barriers to sleeping well
 - Why it is important to keep a regular schedule
 - Relaxation and 'mindfulness' skills, and how to focus on the positive things in your life
 - How to deal with worries about sleep.
- ★ You will also identify some sleep goals and work on ways to achieve them.



Boring (but important) stuff

✦ **Attendance:** Try to attend all sessions in order to get the most out of the program. If you will be late, or cannot attend, please call to let us know (ph: 8344 4032).

✦ **Phones:** Please turn off your mobile phone before sessions.

✦ **Confidentiality:** Please do not tell people outside the group who the other group members are or what they have said. This is because we want everyone to feel comfortable enough to speak freely. It's really important that what is said in the group, stays in the group! The group leaders will not be talking to your parents or teachers about what you say in the group without your permission, but we do have to tell someone if we think you or anyone else is at risk of harm.

✦ **Talking to other SENSE study participants:** Please do not talk to people in the SENSE Study group about what we talk about in the SENSE Sleep group. It is important for the study that the groups remain separate.

✦ **Respect:** Please take turns speaking, and listen to what other people say. It's very important to respect the opinions and experiences of other group members, even if they are different to your own.

✦ **Support:** Try to have empathy for other group members, and treat them with compassion. Everyone experiences sleeping difficulties in a different way. The whole group will benefit from supporting and learning from each other.

✦ **Contributing:** Speaking up in group discussion is completely up to you. There's no pressure to share your experiences if you don't want to.

✦ **Having a go:** This group is about sharing experiences and learning new skills. There's no right or wrong answers and you will not get a mark. What's important is finding out what works best for you. It is not about doing everything perfectly, but about having a go.

✦ **Home practice:** Practice is the key to getting the most out of this group. Like learning to ride a bike, it can take a little while to get the hang of some the skills you will be learning. Try to commit to practicing a little bit each day.

Session 1



What's so good about
a good night's sleep?

Session 1 Overview

What will learn?

Sleep Knowledge and Skills

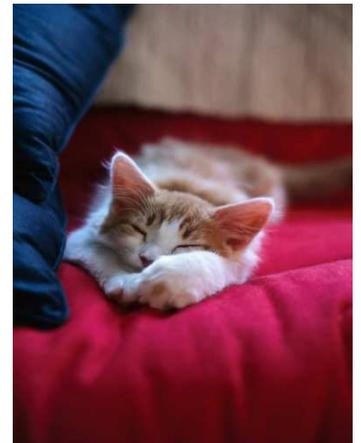
- ★ What is sleep?
- ★ How much sleep do you need?
- ★ Benefits of sleeping well
- ★ Effects of sleep deprivation
- ★ Links between sleep and mood
- ★ Types of sleep problems
- ★ What affects sleep?



What will we do?

Sleep Goals

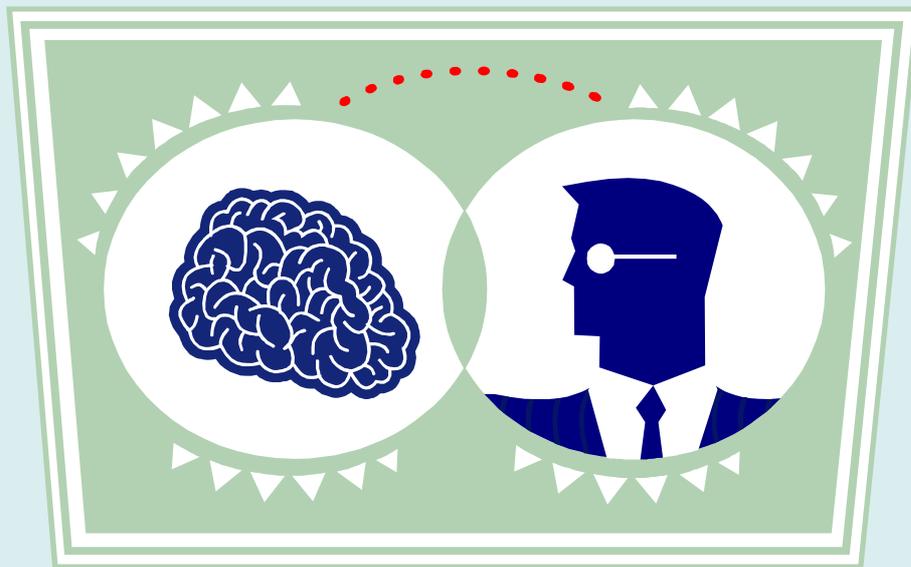
- ★ Your goals for the SENSE program
- ★ Discuss plusses and minuses of changing your sleep behaviours



Session Summary

Home Practice

Sleep Knowledge and Skills



What is sleep?

- ★ Are there any creatures that don't sleep?
- ★ How much of our lifespan is spent asleep?
- ★ Does your brain "sleep"?
- ★ How many stages of sleep are there?
- ★ How long does each sleep cycle last?

BRAINWAVES IN SLEEP

Awake



Stage 1 Sleep



Stage 2 Sleep



Stage 3 Sleep



Stage 4 Sleep

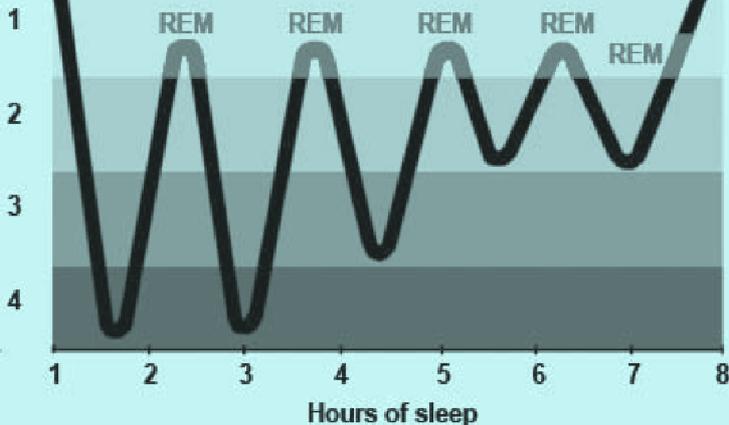


REM Sleep



AWAKE

STAGES OF SLEEP



- ★ More deep sleep happens in the first three hours.
 - Deep sleep helps the body 'rest and repair'.
- ★ More REM sleep happens later in the night.
 - REM sleep is when we dream and helps to re-energize the brain.

How much sleep do you need?



- ★ The amount of sleep you need changes across the lifespan. But even within certain age groups some people need more sleep than others
- ★ Teenagers often don't get enough sleep

						
Infants	Toddlers	Pre-schoolers	School-aged children	Teenagers	Adults	Older Adults
12-15 hours	11-14 hours	10-13 hours	9-11 hours	8-10 hours	7-9 hours	7-8 hours

Benefits of sleep

Sleep researchers have found out that sleeping well has many benefits:

- ★ Gives you more energy and alertness
- ★ Helps your body fight illness and infection
- ★ Lowers your risk of heart disease and other chronic illnesses
- ★ Allows your muscles to repair and injuries to heal



- ★ Reduces your stress levels
- ★ Helps you do better at school
- ★ Improves your memory and ability to learn
- ★ Helps you maintain focus and attention
- ★ Increases your creativity
- ★ Improves your problem-solving abilities

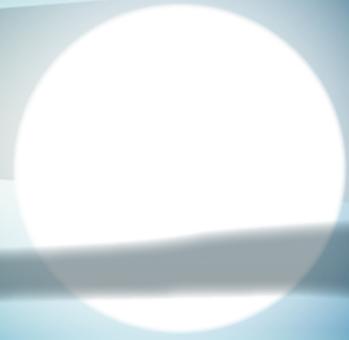
- ★ Helps you make better decisions
- ★ Increases your co-ordination
- ★ Quickens your reaction time
- ★ Improves your sports performance
- ★ Lowers your risk of accidents and injuries



- ★ Helps you maintain a healthy weight
- ★ Allows your brain and body to develop to your full potential
- ★ Makes you look more attractive to others!

Remember that a few nights of poor sleep does not stop you from achieving any of these things!

Common sleep problems



Some common sleep problems:

- ★ difficulty getting to sleep at the beginning of the night
- ★ difficulty staying asleep through the night
- ★ waking up too early in the morning
- ★ not getting enough sleep
- ★ not feeling rested in the morning when you wake up
- ★ not feeling alert throughout the day.



Circle the problems that you have experienced.

Effects of sleep deprivation



Everyone has a bad night's sleep every now and then but this doesn't cause any big problems other than feeling a bit tired! But consistently poor sleep over a long period of time may mean you are more at risk of...

Long-term Sleep Deprivation



Anxiety



Depression



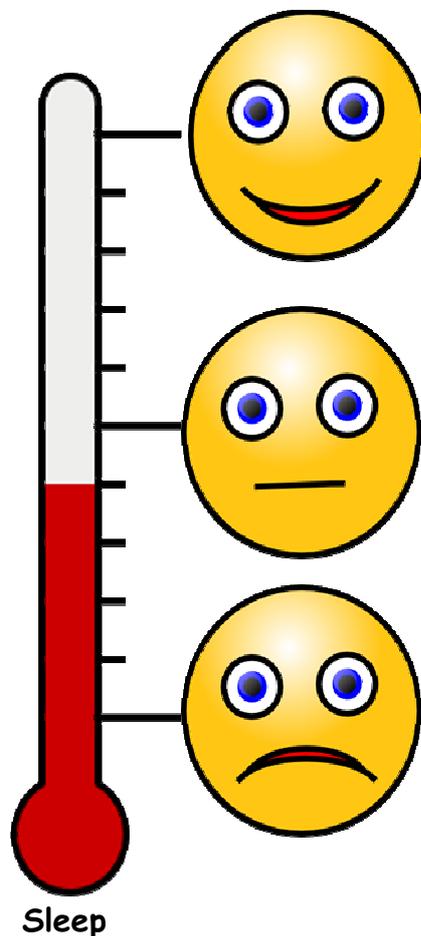
Heart Disease

Links between sleep and mood



Poor sleep can cause people to feel

- ★ Stressed
- ★ Irritable
- ★ Sad
- ★ Worried
- ★ Overwhelmed
- ★ Angry
- ★ Panicky
- ★ Depressed



How does poor sleep affect you?



How do you feel when you get a bad night's sleep?



How do you feel when you get a good night's sleep?

What affects sleep?

Internal body environment:

- physical health
- what you eat
- what you drink
- how tense/relaxed you are

External environment:

- light
- sound
- temperature
- bed comfort



My sleeping environment



There is a natural "clock" in the brain that makes us sleepy when it's bedtime and alert when it's daytime.

- light tunes the clock
- dim light in the evening makes us sleepy
- bright light in the morning wakes us up



The circadian clock in my brain



What I think, how I feel, and what I do



Thoughts: sleep is a lot more difficult when you think and worry a lot

Feelings: when you feel nervous, sad or stressed you often don't sleep as well

Behaviours: daytime naps and doing too many things before bedtime can make it hard to sleep

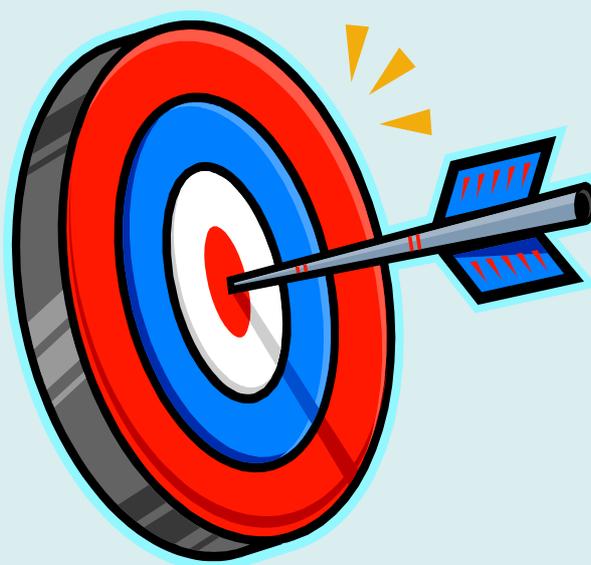
What's happening in my life



Sleep can be affected by things that make you feel:

- stressed
- challenged
- overwhelmed
- excited

Your SENSE Sleep Goals



SENSE Goals

What are your main sleep challenges?

How do you normally cope with them?

What are your SENSE Goals?

Importance (1-10)

Confidence(1-10)

1

1

1

2

2

2

3

3

3

What might stop you?

What can you do if you get stuck?

Who can help you achieve your SENSE goals? How?

What will your reward be?

Goal Balancing Sheet: Making changes to reach your goal



Plusses +

Minuses -

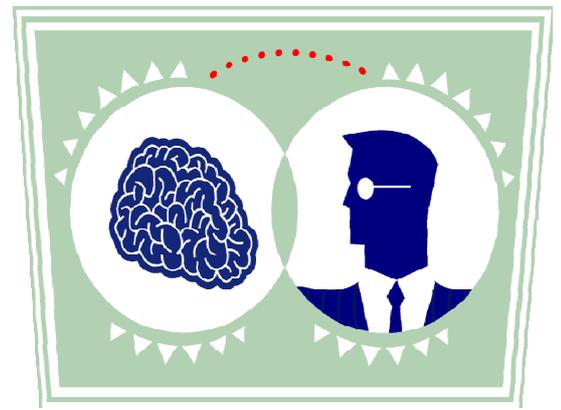
Conclusion: _____

Summary of this week

What did we learn?

Sleep knowledge and Skills

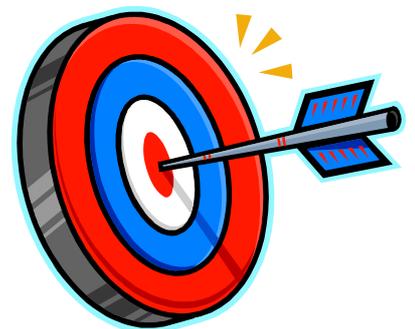
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- ★ Types of sleep problems
- ★ Effects of sleep deprivation
- ★ Links between sleep and mood
- ★ What affects sleep?



What did we do?

Your SENSE Sleep goals

- ★ Set our group sleep goal
- ★ What are your main sleep challenges?
- ★ How do you normally cope with them?
- ★ What are your SENSE sleep goals?
- ★ What's motivating you to work on them?
- ★ What can you do if you get stuck?
- ★ Who can help you?
- ★ What will your reward be?
- ★ What are some plusses and minuses of changing your sleep behaviours?



Home Practice

Before next session:

- ★ Finish the SENSE Goals worksheet
- ★ Finish the Goal Balancing Sheet
- ★ Any other worksheets from today



During the week:

- ★ Complete the sleep monitoring diary
- ★ OPTIONAL: Try rearranging your room. This will be a signal to you that everything about your sleep is going to change; you are going to develop new sleep habits and become a good sleeper!



Sleep Diary

Date	What time did you go to bed?	What time did you fall asleep?	How many times did you wake up during sleep?	What time did you wake up	Total hours sleep	Did you have any naps?
03.04.13	10:30pm	11:15pm	2 (ten minutes each)	7am	7 hours 25 minutes	1 (from 4-4:30pm)

Session 2



Good Sleeping Habits and Challenges to Sleep

Session 2 Overview

★Review

- Session 1 summary and quiz
- Home practice
 - SENSE Goals
 - Goal Balancing
 - Sleep Diary

★Sleep Knowledge and Skills

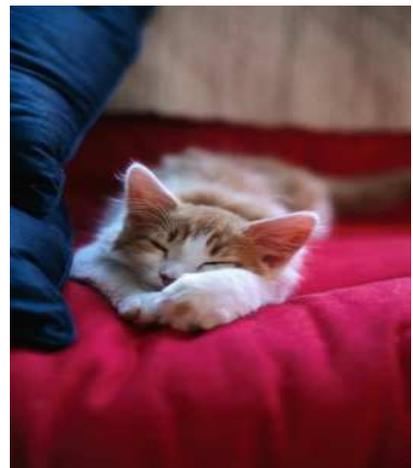
- Challenges to sleep

★Techniques for your toolbox

- 15 sleeping tips
- Mindfulness – a way to relax

★Session summary

★Home Practice



Review



Review of last week



- ★ What is sleep?
- ★ How much sleep do you need?
- ★ Benefits of sleeping well
- ★ Types of sleep problems
- ★ Effects of sleep deprivation
- ★ Links between sleep and mood
- ★ What affects sleep?
- ★ SENSE Goals
- ★ Plusses and Minuses of changing your sleep-related behaviours

Quiz

- ★ Name two benefits of sleeping well...
- ★ How many stages of sleep are there?
- ★ How long does each cycle of sleep last?
- ★ What does REM stand for?
- ★ Name 2 things that can affect sleep...



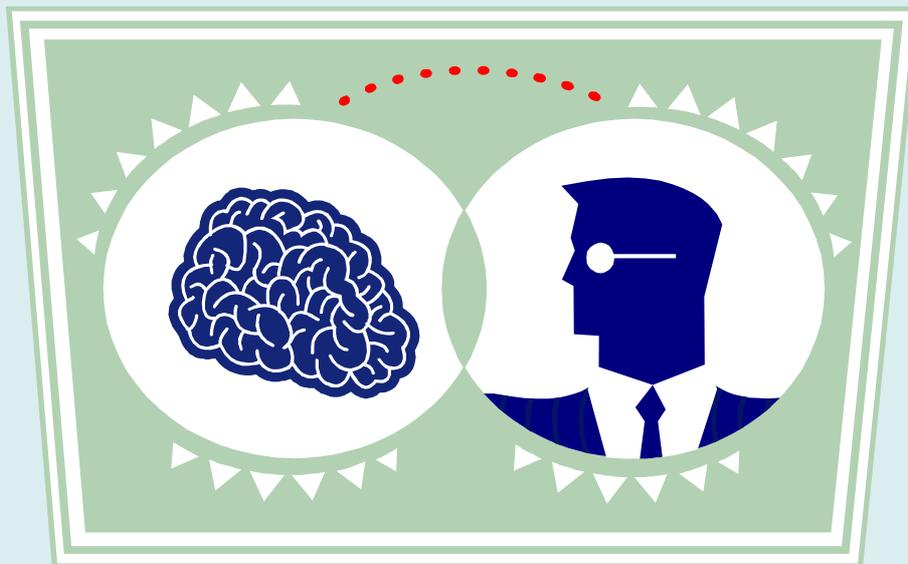
Review of Home Practice



- ★ SENSE Goals worksheet
- ★ Goal Balancing worksheet
- ★ Sleep Monitoring Diary



Sleep Knowledge and Skills



Challenges to sleep

Your Body



Caffeine: caffeine is a stimulant that can keep you awake. Caffeine is found in coffee, tea, cocoa, chocolate bars, fizzy drinks and energy drinks.



Food: After you eat, your digestive organs kick into gear which wakes up your nervous system. Eating before bed can prevent you from relaxing into sleep. Sugary foods in particular act as a stimulant.



Exercise: working out close to bedtime also wakes up your nervous system which can be bad for sleep BUT exercising during the day or late afternoon helps you to sleep at night because your nervous system has time to wind down before bed.



Smoking: nicotine is also a stimulant. Some people think that smoking relaxes them, but the only relaxing thing about smoking is probably the “deep breaths”!



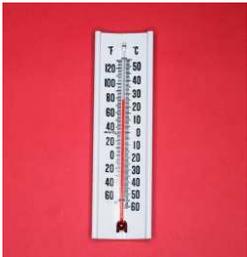
Alcohol: while alcohol makes some people sleepy, it actually disrupts sleep in the second half of the night.

Challenges to sleep

Your Environment



Noise: unexpected sudden noise disturbs sleep; steady, continuous, and familiar sounds are okay.



Temperature: your bedroom should be not too hot or too cold, 18° C is perfect.



Light: bright light before bed makes falling asleep more difficult, but dim light helps.



Electronic equipment: Computers, TV, DVDs, video games and mobile phones all stimulate your brain and make it hard to sleep.

Challenges to sleep

Things in your life



Stress: Young people have to deal with a lot – school, family, friends, relationships, after-school commitments, thinking about the future. It's no wonder that many young people feel stressed sometimes, and feeling stressed can make it harder to sleep.



Worry: Many young people find that they worry a lot in bed, and that problems seem much worse late at night. This makes falling asleep more difficult.



Homework: Having lots of homework to do can be stressful. It also means you have to stay up late to do it, and so have less time for sleep.



After-school activities: Many young people are involved in after-school activities like sport, music, drama, religious groups, etc. These activities enrich your life, but they also mean you have to fit in a lot of things after school, which can push back your bedtime.

Techniques for your Toolbox



15 Sleeping Tips

Mindfulness of the breath



15 sleeping tips

1. Caffeine after 2pm can keep you awake at night. **Try not to have food or drink with caffeine in it after lunch time (e.g., coffee, tea, cocoa, chocolate bars, fizzy drinks and energy drinks).**

2. Going to bed when you're too full or too hungry can affect your sleep. **Try to eat dinner at least 2-3 hours before bedtime** and if you are hungry before bed, try some warm milk or a banana (but nothing too sugary!).

3. Exercising too close to bedtime can keep you awake. **Try exercising in the morning or late afternoon but not close to bedtime.**

4. To reduce noise in your bedroom, **try wearing earplugs or asking your family to be quiet after a certain hour (if possible!).**

5. **Make your bedroom as comfortable for sleep as possible.**



- Make the temperature right for you – try a heavier doona on cool nights and a light doona or sheet on warm nights.
- Make sure your room is dark when you are trying to sleep. Some people like wearing an eye mask.

15 sleeping tips

6. Keep a regular sleep routine; try to go to bed and get up at the same time every day , even on weekends!

7. Your bed is best used for sleep! Try not to read, watch TV, do your homework, eat, use your computer, message friends, or worry in bed! The goal is to help your brain and body link bed with sleep.



8. Hide your alarm clock! Your alarm will ring when you have to get up the next day, and you don't have to know the time when you wake up during the night.

9. When you get into bed, try turning out the lights and closing your eyes with the goal of going straight to sleep.



10. Try to minimize movement at night. There is no position that is “perfectly comfortable”. You are more likely to make yourself more awake and frustrated by moving around a lot. If you really have to, do it very slowly and gently.

15 sleeping tips

11. If you have tried going to sleep, but you 're having trouble getting to sleep, try getting out of bed and doing something quiet and peaceful in a room with dim light until you feel drowsy, then go back to bed.

12. If you still cannot fall asleep, repeat Step 11. Repeat this as often as you need to, and also if you wake up during the night and cannot get back to sleep.

13. Set your alarm and get up at the same time every morning, regardless of how many times you were up during the night.



14. Try not to go to bed too early. This confuses your body clock and makes it harder to sleep at night at your body's normal sleeping time. You cannot make up for lost sleep by staying in bed for longer. Your body catches up naturally by having deeper (but not necessarily longer) sleep next time you fall asleep.

15. Avoid napping. Naps confuse your body clock and make it harder to sleep at night. If you have to nap, make sure its for no more than 30 minutes in the afternoon, only nap once a day, and only nap in bed.

Mindfulness

What is mindfulness?

- ★ Paying attention in a particular way: on purpose, in the present moment and non judgementally
- ★ Being aware of what you are thinking, feeling, doing and experiencing right now, in the present moment.



How does mindfulness help with sleep?

- ★ Helps you deal with stress during the day so that you are more relaxed before bed
- ★ Helps you relax before bedtime and when you are in bed
- ★ Helps reduce worries and racing thoughts at bedtime
- ★ Helps you become more aware of the thoughts, feelings, behaviours and events that lead to sleeping difficulties.



Practice is important!

- ★ We will be practicing mindfulness during each session
- ★ In Session 4, we will focus on mindfulness in more detail

Mindfulness of the breath

- ★ Mindfulness of the breath is a type of mindfulness technique. It is a form of meditation where you pay attention to your breathing.
- ★ It is not about trying to change or control your breathing, just becoming aware of it
- ★ It helps to calm your mind and relax your body.



- ★ Mindfulness of the breath can be helpful if you are having trouble falling asleep.
 - ★ Instead of lying in bed unable to relax and worrying about your sleep and other things, you can use mindfulness of the breath to guide your attention to the present moment. **Sleep will come naturally when you give up your struggle with it.**



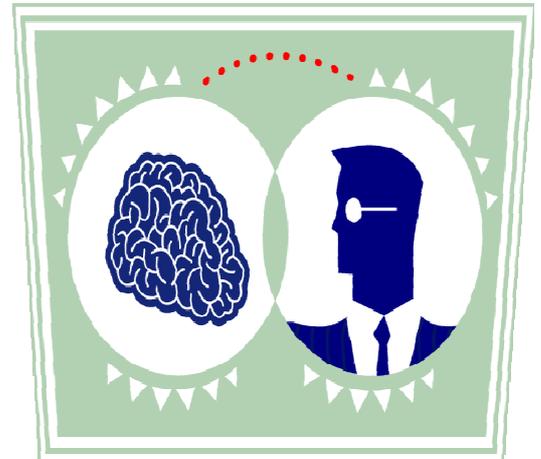
- ★ You can practice mindfulness of the breath for as long as you want - anywhere from 5 minutes to an hour.
- ★ Like any new skill, the more you practice mindfulness of the breath, the better you will become!

Summary of this week

What have we learnt?

Sleep knowledge and Skills

- ★ Challenges to sleeping well
 - ★ Your Body
 - ★ Your Environment
 - ★ Things in your life



What did we do?

Toolbox Techniques

- ★ 15 tips for a good nights sleep
- ★ Mindfulness of the breath



Home Practice

During the week

- ★ Fill in the sleep monitoring diary
 - ★ Focus on overcoming your sleep challenges by trying out different toolbox techniques
 - ★ Any of the 15 sleeping tips
 - ★ Mindfulness of the breath
- ★ Practice mindfulness of the breath

Before next session

- ★ Fill in the toolbox time worksheet
 - ★ What was your favourite toolbox technique from the past week?
 - ★ How often did you try it?
 - ★ When? (time, situation)
 - ★ Did it help each time you used it? Why, why not?
 - ★ Could it help with your sleep goals? How?



Toolbox Time

Favourite toolbox technique this week?



How often did you use it?



When did you use it (time, situation)?

Did it help each time you used it? Why or why not?



Do you plan to keep using it (why, when, how often)?



Session 3



Establishing a
regular schedule

Session 3 Overview

★ Review

- Session 2 summary and quiz
- Home practice
 - Seep Monitoring Diary
 - Toolbox Time worksheet

★ Sleep Knowledge and Skills

- Circadian rhythms and sleep

★ Techniques for your toolbox

- Maintaining your circadian rhythms
 - Establishing a regular sleep/wake routine
 - Limiting electronic use at bedtime
 - Establishing a quick wake-up routine and wind-down routine before bed
 - Designing your personal sleep plan

★ Mindfulness of the breath practice

★ Session summary

★ Home Practice



Review



Review of last week

What did we learn?

Sleep knowledge and Skills

- ★ Challenges to sleeping well
 - ★ Your Body
 - ★ Your Environment
 - ★ Things in your life



What did we do?

Toolbox Techniques

- ★ 15 tips for a good nights sleep
- ★ Mindfulness of the breath

Quiz

★ Caffeine after what time can keep you awake at night?

★ How long before going to bed should you try to eat dinner?

★ Name two things you can do to make your bedroom as comfortable for sleep as possible?

★ Describe what you could do if you have tried going to sleep but are having trouble going to sleep?

★ What time should you set your alarm clock?



★ True or False: If you feel tired, having a nap or going to bed early will help you sleep later on in the night?

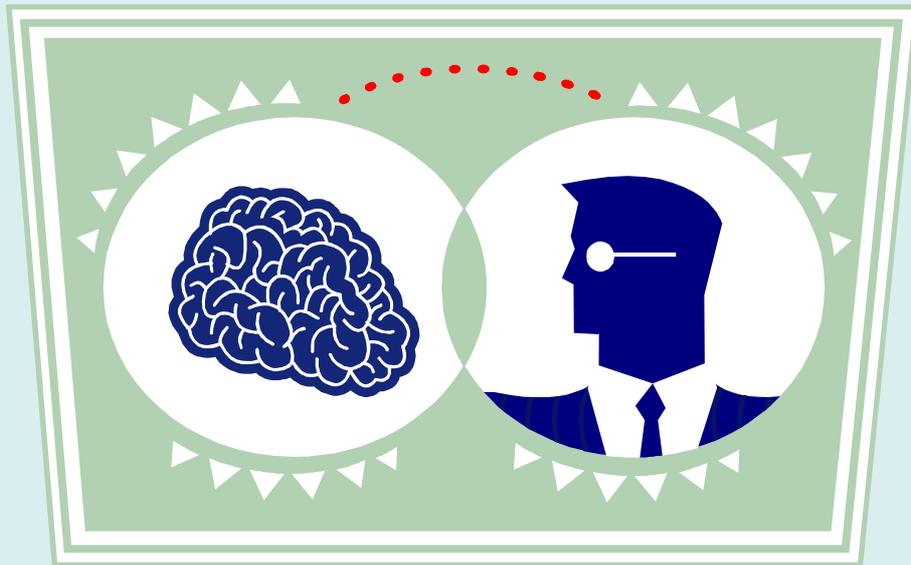
Review of Home Practice



- ★ Sleep monitoring sheet
- ★ Toolbox Time worksheet
- ★ Mindfulness of the breath practice



Sleep Knowledge and Skills



Circadian rhythms



- ★ There are rhythms everywhere around us: night follows day, spring follows winter, some flowers close at night and open during the day, some birds migrate annually, the sea has high and low tides.
- ★ Our bodies have similar rhythms: have you noticed that you usually get hungry just around lunchtime?
- ★ Our body rhythms, or internal biological clocks, are known as circadian rhythms. Our circadian rhythms regulate a number of body functions throughout a 24-hour period.
- ★ The word ‘circadian’ comes from the Latin *circa* (around) and *diem* (day) → around the day!

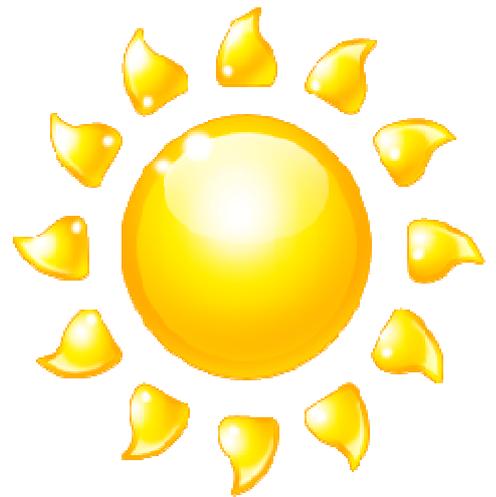


- ★ Regular signals help to maintain your body’s circadian rhythms.
- ★ Eating at regular times lets your body know when it’s time to eat.
- ★ Sleeping and waking at the same time helps our bodies know when its time to sleep.

Circadian rhythms and sleep



- ★ Daylight is the most important signal for our circadian rhythms.
- ★ Sleepiness, body temperature and a hormone called melatonin all have circadian rhythms that are regulated by daylight. At night, we are the most sleepy, our body temperature drops, and melatonin levels are high. When these three rhythms are working together, we have the best chance of a good night's sleep.



- ★ When our sleep/wake cycles get out of sync with the day/night cycle, sleeping difficulties can arise:
 - When we travel across time-zones (jet lag)
 - When shift workers have to work the night shift
 - When we stay up all night doing homework (or something more fun!)

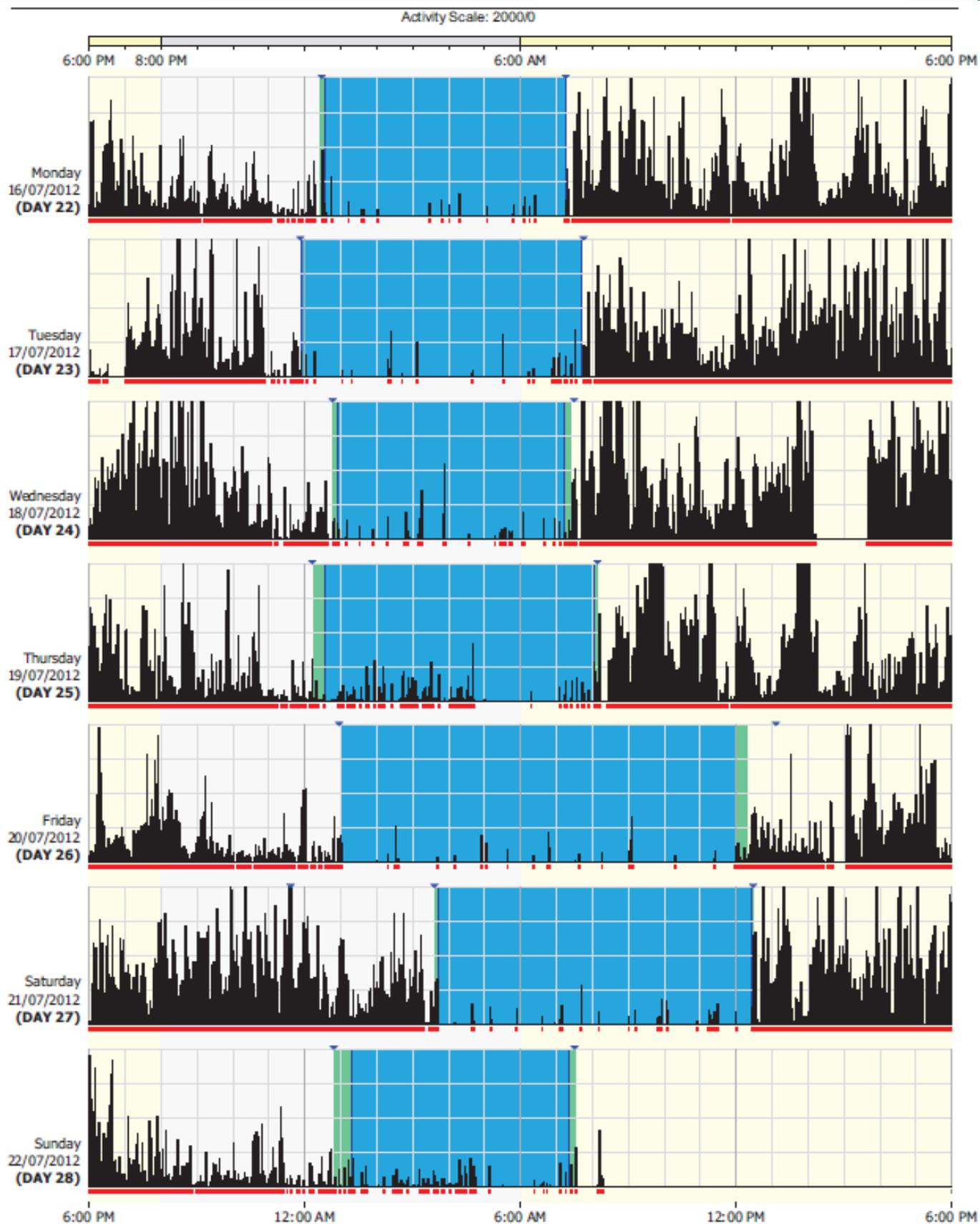
Teenagers, circadian rhythms and sleep

- ★ Teenagers often find themselves staying up later at night and having difficulty waking up in the morning.
- ★ There are several reasons why this happens:
 - Biological changes push some of your circadian rhythms back so that you start to get sleepy later in the evening
 - Your parents don't have as much control over your bedtime as when you were younger
 - You have homework and other activities to do in the evening
 - Many young people use electronic and social media at night time (e.g., watch TV/movies, play video games, Facebook, messaging, etc.)
 - If you stay up later, you still have to get up at the same time to go to school
 - Staying up late and sleeping in on weekends gets your circadian rhythms out of sync.



All these changes result in many teenagers
not getting enough sleep.

For example...



Techniques for your Toolbox

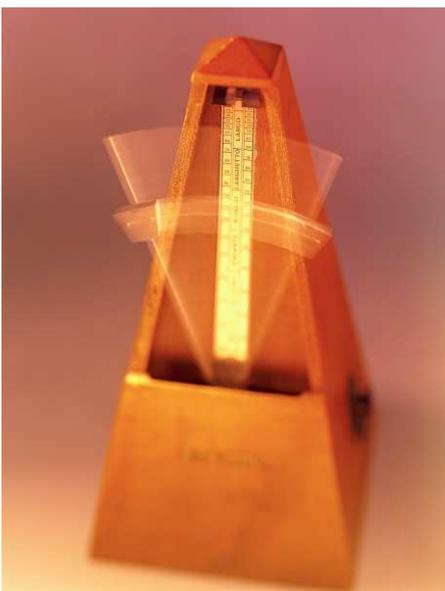


Maintaining your
circadian rhythms



1. Keeping a regular sleep/wake routine

- ★ While some of the biological changes that affect teenagers' sleep are beyond your control, there are some things you can do to help maintain regular circadian rhythms and increase your chances of getting a good night's sleep.



- ★ The best way to maintain regular circadian rhythms is to keep a regular sleep/wake routine.
- ★ This means:
 - ★ Wake up at about the same time every morning.
 - ★ Go to bed at about the same time every night.

1. Keeping a regular sleep/wake routine (even on the weekends)

Try to keep to your regular sleep/wake routine on weekends. This means going to bed and waking up **within 2 hours** of when you normally would on a week day.

Sometimes you might have a special occasion on the weekend that makes it impossible for you to go to bed within 2 hours of your normal bedtime.



- ★ If so, make sure you wake up within 2 hours of your normal wake-up time the morning after. You may feel tired during the day, but this will help you get back into your normal sleeping patterns more quickly.
- ★ The following night, make sure you go to bed at your normal bedtime. Don't go to bed earlier than usual because you feel tired – this will disrupt your circadian rhythms.
- ★ Avoid staying up later than usual for two nights in a row. Your body will recover quickly from one night of staying up late, but two nights makes it much more difficult, and might cause you to have difficulty sleeping for several nights after that.

2. Limiting media use at bedtime

- ★ Many teenagers find that one of the biggest challenges to keeping a regular sleep/wake routine is media use at bedtime. This means:

- ★ Using computers
- ★ Watching TV/DVDs
- ★ Playing video games
- ★ Using social media like Facebook, twitter, mobile phones, instant messaging, Skype.



- ★ These types of media stimulate your mind and your emotions, making it much harder to fall asleep.
- ★ What types of media do you use before you go to bed?

2. Plusses and minuses of keeping a regular schedule



- ★ Having a regular sleep/wake routine...
- ★ Limiting media use at bedtime...

Plusses +	Minuses -

Conclusion: _____

3. A quick-wake-up routine



Having a quick-wake-up routine is one of the simplest and most beneficial things you can do to regulate your circadian rhythms and improve your sleep. This means:

- ✦ Get up as soon as your alarm goes off.
- ✦ Keep your alarm on the other side of the room so you have to get up to turn it off.
- ✦ Don't press the snooze button!
- ✦ Open the curtains or turn on the lights – light will help you wake up.
- ✦ Do some exercises, have a shower or make your breakfast to help your body wake up.



4. A wind-down routine before bed

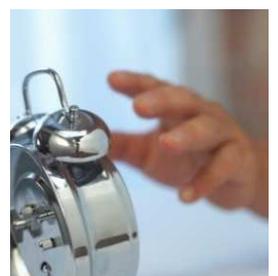
- ★ Stimulating your mind and emotions before you go to bed makes it harder to fall asleep.
- ★ Calming and relaxing your mind and emotions before you go to bed might make it easier to fall and stay asleep.
- ★ Having a wind-down routine that you do half an hour before bed can help you feel calm and relaxed. Having a regular wind-down routine that you do every day also sends a signal to your body and brain that it is time for sleep.
- ★ Things you could include in your wind-down routine are:

- Dim the lights or light some candles
- Practice mindfulness of the breath, or any relaxation exercise
- Burn some relaxing oils
- Listen to some peaceful music
- Read quietly (nothing too exciting!)
- Have a bath
- Drink some warm milk or herbal tea (make sure there is no caffeine in it!).



5. Design your personal sleep plan

- ★ Design a personal sleep plan for how you will go to bed at night and wake up in the morning.
- ★ Keep it realistic. This might mean making gradual changes, e.g., if you usually go to bed at 2:00am on a Saturday night, try bringing it back to 1:00am, and then midnight, etc.
- ★ Include the following things in your plan:
 - ★ A set time for homework and activities to be finished and all media to be switched off
 - ★ A wind-down routine at the end of the day
 - ★ A set time for lights out
 - ★ A set time for waking up
 - ★ A quick-wake-up routine.



5. My Personal Sleep Plan



★ I will finish doing homework/other activities and switch off all media at the following time: _____

★ My wind-down routine is: _____

★ My lights out time is: _____

★ My waking up time is: _____

★ My quick-wake-up routine is: _____

Mindfulness Practice



Mindfulness of the breath practice



For today's practice, remember that:

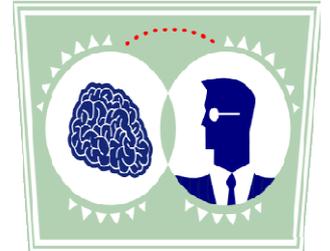
- The aim of mindfulness of the breath is not to focus on the breath and block everything else out, but rather to use breathing as a way of bringing your attention back to the present moment over and over again when you notice that it has drifted away.
- It is normal for your attention to drift away during mindfulness practice. This is called *the wandering mind*, and it does not mean you are doing it wrong! Just try to notice when your attention drifts away from the present moment, and gently bring it back.

Summary of this week

What have we learnt?

Sleep knowledge and Skills

- ★ We learnt about teenagers, circadian rhythms and sleep



What did we do?

Toolbox Techniques

- ★ We learnt some strategies for maintaining your circadian rhythms
 - ★ Waking up and going to bed at the same time every day
 - ★ Turning off all media half an hour before bedtime
 - ★ Having a quick wake-up routine
 - ★ Having a wind-down routine before bed
 - ★ We put all of these strategies together and designed our personal sleep plan



Mindfulness of the breath practice

- ★ We discussed the benefits and challenges of practicing mindfulness
- ★ We practiced mindfulness of the breath, focusing this week on noticing if when your mind is wandering and gently bringing it back to the present moment

Home Practice

Finish off

- ✦ Designing your personal sleep plan
- ✦ Any unfinished worksheets from the session

During the week

- ✦ Use your personal sleep plan
- ✦ Practice mindfulness of the breath
- ✦ Fill in the sleep monitoring diary.
 - ✦ Focus on overcoming your sleep challenges by trying out different toolbox techniques, for example
 - ✦ Waking up and going to bed at the same time every day
 - ✦ Turning off all media half an hour before bedtime
 - ✦ Having a quick wake-up routine
 - ✦ Having a wind-down routine before bed
 - ✦ Mindfulness of the breath



Before next session

- ✦ Fill in the toolbox time worksheet
 - ✦ Choose your favourite toolbox technique from the past week and fill in the Toolbox time worksheet

Toolbox Time

Favourite toolbox technique this week?



How often did you use it?



When did you use it (time, situation)?

Did it help each time you used it? Why or why not?



Do you plan to keep using it (why, when, how often)?



Session 4



Mindfulness

Session 4 Overview

★Review

- Session 3 summary and quiz
- Home practice
 - Personal sleep plan
 - Sleep Monitoring Diary
 - Toolbox Time worksheet

★Sleep Knowledge and Skills

- What is mindfulness?
- Four mindfulness qualities
- Using mindfulness in everyday life

★Techniques for your toolbox

- Mindful attention – raisin exercise
- Body scan

★Session summary

★Home Practice



Review



Review of last week

What did we learn?

Sleep knowledge and Skills

- ★ We learnt about teenagers, circadian rhythms and sleep



What did we do?

Toolbox Techniques

- ★ We learnt some strategies for maintaining your circadian rhythms
 - ★ Waking up and going to bed at the same time every day
 - ★ Turning off all media half an hour before bedtime
 - ★ Having a quick wake-up routine
 - ★ Having a wind-down routine before bed
 - ★ We put all of these strategies together and designed a personal sleep plan

Quiz

- ★ What is the most important signal for our circadian rhythms?
- ★ Name two reasons teenagers can find themselves staying up later at night and having difficulty waking up in the morning?
- ★ What are two ways we can maintain our circadian rhythms?
- ★ On the weekends, it is best to go to bed and wake up within how many hours of when you normally would on weekdays?
- ★ How can turning off all media half an hour before bedtime help you sleep?
- ★ What might be two good things to include in a wake-up routine?
- ★ What might be two good things to include in a wind-down routine?

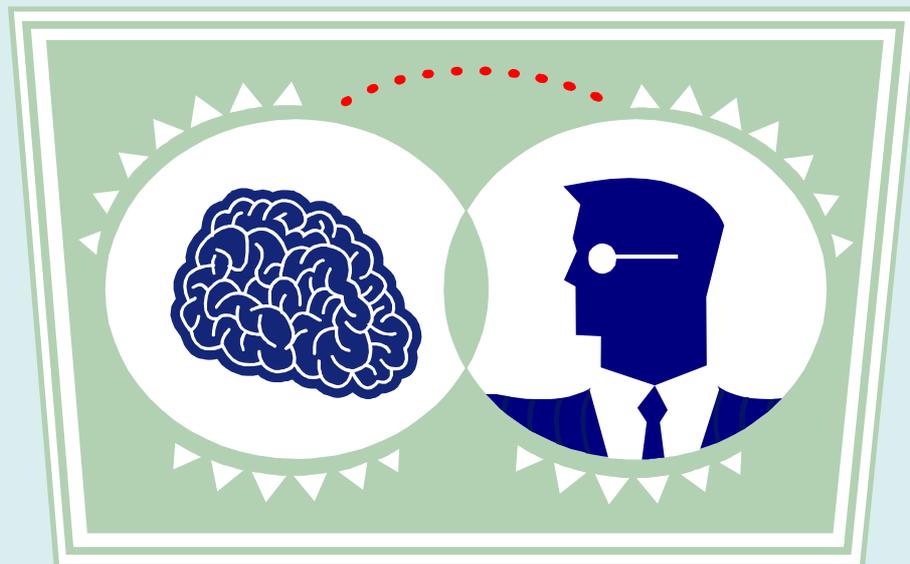
Review of Home Practice



- ★ Personal sleep plan
- ★ Sleep monitoring sheet
- ★ Toolbox Time worksheet



Sleep Knowledge and Skills



Mindfulness

★ What is mindfulness?

- Started in Buddhism, but now used widely in Western medicine and psychology.
- Being aware of what you are thinking, feeling, doing and experiencing right now, in the present moment.
- **Paying attention** to our thinking, feeling, and our experiences in a particular way:
 - On purpose, this means paying attention to our attention;
 - In the present moment;
 - With a non-judgemental and open attitude (quality of attention)



How does mindfulness help with sleep?

- ★ Helps you deal with stress during the day so that you are more relaxed before bed
- ★ Helps you relax before bedtime and when you are in bed
- ★ Helps reduce worries and racing thoughts at bedtime
- ★ Helps you become more aware of the thoughts, feelings, behaviours and events that lead to sleeping difficulties.



Four mindfulness qualities

1. Non-judging: observing the present, moment by moment without labeling things as 'good' or 'bad' – just noticing things as they are.

Example: You are about to give a talk in front of the class, and notice that your heart racing and your palms are sweaty. What could you do?

OR

Think about how bad it is that you feel this way, and how everyone will be able to see how nervous you are.

Tell yourself its just a racing heart and sweaty palms. Focus your attention on the student who is talking now.

2. Acceptance: open to seeing and acknowledging things as they are in the present moment, getting a clearer understanding of the present so that you can decide how you want to respond. without labeling things as 'good' or 'bad' – just noticing things as they are.

Example: After working really hard, you get your results for a maths test and you did not do as well as you expected. What could you do?

OR

Tell yourself you are stupid. Worry about what you dad will say when he finds out.

Accept that you tried your best and that it is not realistic to expect top marks in every test. Focus your attention on what the teacher is saying now.

Four mindfulness qualities

3. Letting go: not holding on to thoughts, feelings, experiences; however letting go does not mean suppressing or giving up.

Example: You keep thinking about something really embarrassing that happened at school yesterday. What could you do?

OR

Keep thinking about it over and over in your mind.

Decide to just let it go because it's not helpful to think about it any more. Instead, focus on what you are doing now.

4. Loving-kindness: a quality filled with compassion, forgiveness and unconditional love towards yourself and others.

Example: You had a stressful morning - your alarm didn't go off, your mum was hassling you and your sister spilt juice on your homework. At school, you realise you forgot your PE uniform. What could you do?

OR

Tell yourself that you can't believe how forgetful you are, and think why can't you be more like your friend who never forgets anything.

Have compassion for yourself, and forgive yourself for making a mistake when you were under pressure. Get on with your next task.

Techniques for your Toolbox



Mindful attention

Mindful breathing

Body scan



The Raisin



What was the raisin exercise like for you?

Did you notice anything about raisins that you had not noticed before?

How was the way you ate the raisin different to the way you normally eat?

What are some things you do automatically (or without thinking) that you could try to do in a 'mindful' way?

Using mindful attention

You can mindfully pay attention to any object (but you might want to leave out the tasting part!)

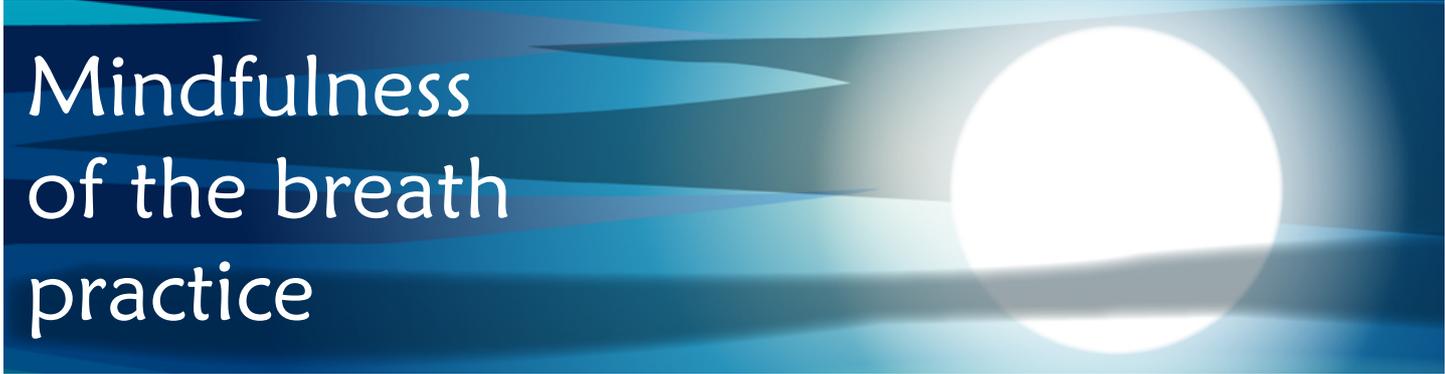
- a piece of paper
- a coffee cup
- a pen
- a toothbrush
- a leaf
- a pebble



Try it:

- ★ when you can't fall asleep and your mind is racing
- ★ when you want to relax
- ★ when you are feeling stressed
- ★ when you just want to pay more attention to your environment and what is happening around you.

Mindfulness of the breath practice



For today's practice:

If you notice your attention wandering away from the breath, gently bring your attention back to the breath using the mindful qualities of non-judging, acceptance, letting go and loving kindness.

Body scan

What was the body scan like for you?

Did you notice any sensations in your body that you were not aware of before?

Were you able to relax or 'let go' of any tension in your body?

Were any parts of the body scan particularly challenging or difficult for you?



Body scan tips

1. Regardless of what happens (e.g., if you fall asleep, lose concentration, keep thinking of other things, focus on the wrong part of your body, or just don't feeling anything), just keep at it! These are your experiences in the moment. Just be aware of them.
2. If your mind is wandering a lot, simply notice the thoughts and then bring your mind gently back to the body scan.
3. Let go of ideas of “success”, “failure”, “doing it really well”, or “doing it right.” This is not a competition. It is not a skill you need to work really hard at. The only thing you need is regular and frequent practice. Try to do it with an attitude of openness and curiosity.
4. Let go of any expectations about what the body scan will do for you: Imagine it as a seed you have planted. The more you poke around and interfere, the less it will be able to develop. So with the body scan, just give it the right conditions - peace and quiet, regular and frequent practice. That is all. The more you try to influence what it will do for you, the less it will do.
5. Try approaching your experience in each moment with the attitude: “OK, that’s just the way things are right now.” If you try to fight off unpleasant thoughts, feelings, or body sensations, the upsetting feelings will only distract you from doing anything else. Be aware, don’t try too hard, be in the moment, and accept things as they are.

When to use body scan

The body scan is particularly useful when you are lying in bed and unable to fall asleep.

The body scan :

- ★ Helps you to relax
- ★ Helps you to let go of worries or racing thoughts
- ★ Helps you to be more aware of your body
- ★ Helps you practice bringing your attention back to your body and the present moment when it has wandered elsewhere.





Using mindfulness

Are there any mindfulness techniques that you particularly like? Which ones?

How could you use these techniques in your everyday life?

How could you use these techniques to help you sleep?

Make a plan for using mindfulness during the day and/or to help you sleep (situation, how often)

Summary of this week

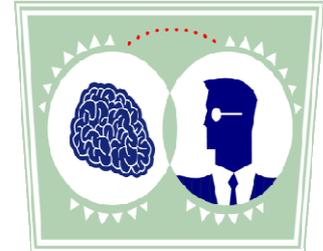


What have we learnt?

Sleep knowledge and Skills

★ We learnt about

- ★ mindfulness
- ★ mindful qualities
- ★ how to use mindfulness in everyday life
- ★ how to use mindfulness when you can't sleep



What did we do?

Toolbox Techniques

★ We practiced some mindfulness techniques.

- ★ You could use these techniques if you are feeling stressed or worried during the day, to help you relax before bedtime, or if you are unable to sleep because you are feeling stressed or worried
 - ★ Paying attention mindfully
 - ★ Mindfulness of the breath
 - ★ Body scan



Home Practice

During the week

- ★ Continue practicing mindfulness
- ★ Fill in the Mindfulness in your Life sheet
 - ★ During the week, record two situations in which you used one of the mindfulness qualities (or could have!).
- ★ Fill in the Mindfulness Monitoring sheet
 - ★ During the week, write down when you practiced mindfulness, including the situation, technique and usefulness
- ★ Fill in the sleep monitoring diary
 - ★ Focus on overcoming your sleep challenges by trying out different toolbox techniques, for example
 - ★ Mindful attention
 - ★ Mindfulness of the breath
 - ★ Body Scan

Before next session

- ★ Fill in the Toolbox Time worksheet
 - ★ Choose your favourite toolbox technique from the past week and fill in the Toolbox time worksheet



Mindfulness in your life

Mindfulness Quality:

Situation:

OR

Unmindful response:

Mindful response:

Mindfulness Quality:

Situation:

OR

Unmindful response:

Mindful response:

Toolbox Time

Favourite toolbox technique this week?



How often did you use it?



When did you use it (time, situation)?

Did it help each time you used it? Why or why not?



Do you plan to keep using it (why, when, how often)?



Session 5



Positive Thinking

Session 5 Overview

★ Review

- Session 4 summary and quiz
- Home practice
 - Mindfulness Practice Monitoring Diary
 - Sleep Monitoring Diary
 - Toolbox Time worksheet

★ Sleep Knowledge and Skills

- The cognitive-behavioural model – links between thoughts, emotions and behaviours
- Focusing on the positive
- Savouring positive experiences

★ Techniques for your toolbox

- Savouring and switching
- Identifying unhelpful beliefs about sleep and coming up with more helpful beliefs

★ Mindfulness of the breath practice

★ Session summary

★ Home Practice



Review



Review of last week

What did we learn?

Sleep knowledge and Skills



★ We learnt about

- ★ Mindfulness
- ★ Mindful qualities
- ★ How to use mindfulness in everyday life
- ★ How to use mindfulness to help you sleep

What did we do?

Toolbox Techniques

★ We practiced some mindfulness techniques.

- ★ You could use these techniques if you are feeling stressed or worried during the day, to help you relax before bedtime, or if you are unable to sleep because you are feeling stressed or worried
 - ★ Paying attention mindfully
 - ★ Body scan

Quiz



★ Where did mindfulness start?

★ Mindfulness is “paying _____,
in the _____ moment,
with a _____ attitude”

★ What are the four mindfulness qualities?

★ Name four ways mindfulness can help you sleep

★ An example of paying attention mindfully is the _____ exercise
(hint: it involves a small piece of fruit)

★ Name three different mindfulness techniques

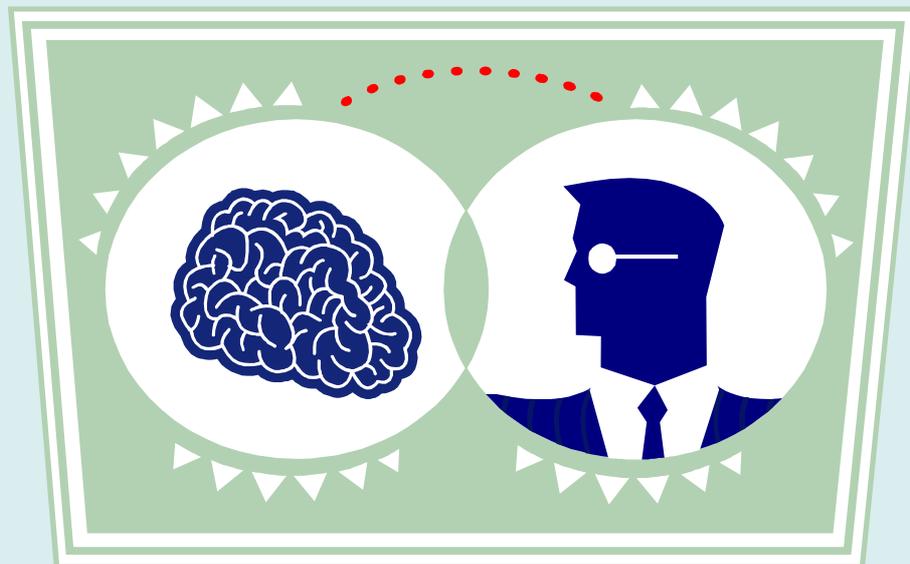
Review of Home Practice



- ★ Mindfulness practice monitoring sheet
- ★ Sleep monitoring sheet
- ★ Toolbox Time worksheet



Sleep Knowledge and Skills



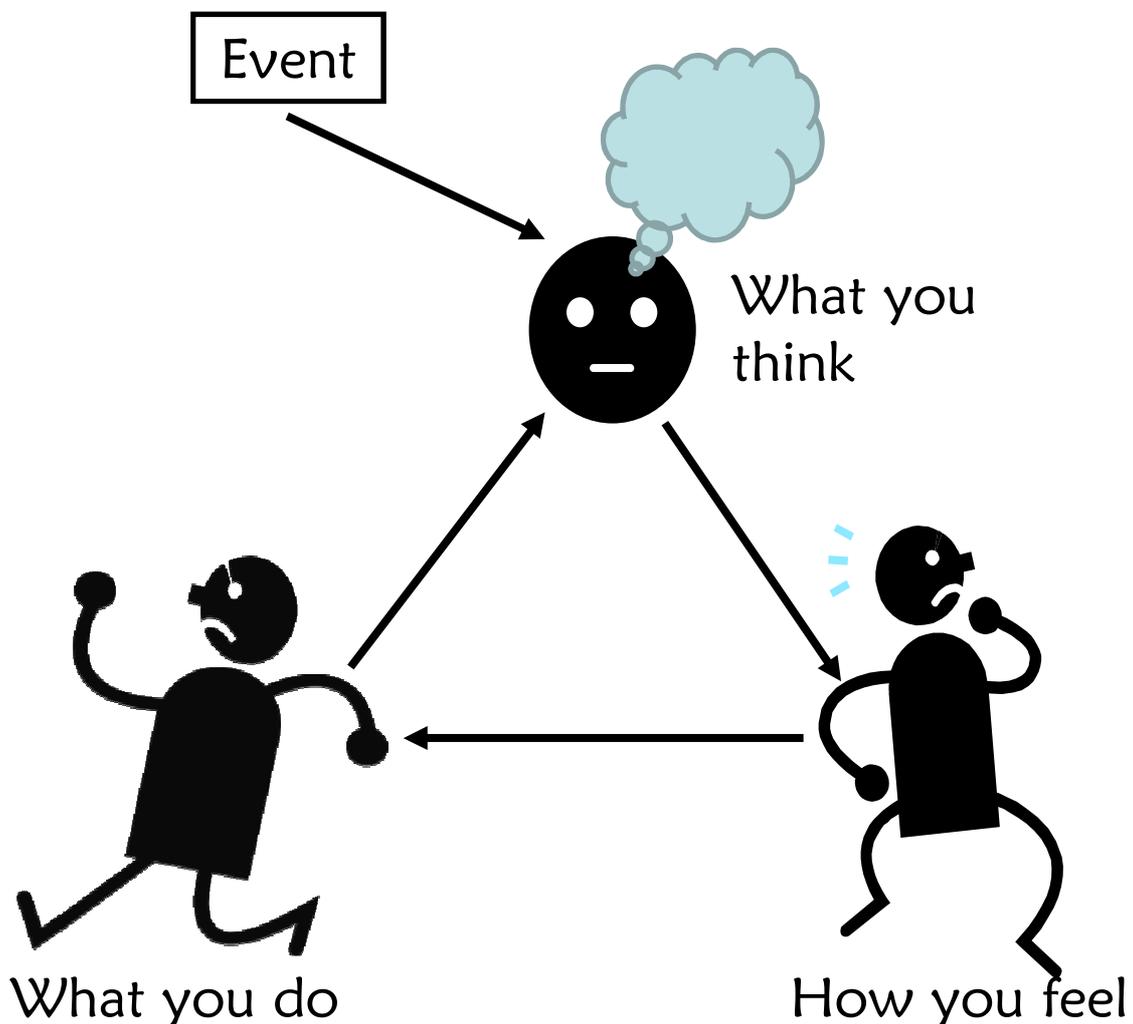
The Dog Poo Story



The cognitive-behavioural model

The cognitive-behavioural model is a way of understanding the links between our thoughts, our feelings and our behaviours.

Cognitive = thoughts
Behaviour = what we do



It's not what actually happens that matters.
The way you think about things (or interpret them)
determines the way you feel, and what you do.

Focusing on positives

★ Do you find that when you are given both positive and negative feedback, you tend to only pay attention to the negative?



- Like if you got 70/100 on a test, you focus more on the 30 you got wrong than the 70 you got right.
- Or if you get dressed up to go to a party and all your friends say how nice you look, but you keep thinking about how your brother made fun of the big pimple on your chin as you were heading out the door!

Focusing your attention on the positives in your life can help you:

- Feel happier
- Feel more calm and relaxed
- Come up with better solutions to problems
- Sleep better at night!



Focusing on positives

- ★ Focusing on the positive does not mean pretending that nothing negative ever happens, or ignoring constructive criticism.
- ★ Rather, it acknowledges that sometimes we are so focused on our fears and doubts that we don't even notice positive things when they happen.



For example, if we asked everyone in this room to say what they thought of you, what is the first thing that comes into your head about what they might say? Is it positive or negative?

Stick your personal feedback form here.

Savouring positive experiences

One way to help you focus your attention on positive things is through “savouring”.

What is savouring?

- ★ Have you ever noticed when you think about times when you’ve felt good or happy in the past, it can make you feel good all over again?
- ★ Savouring involves remembering a positive experience and going over it in your mind, or “visualising” it, in as much detail as you can.



Savouring is like turning your positive memories into movies that you can watch in your mind: you are the star and have the remote control in your hand!

How can savouring help with sleep?

- ★ Savouring can be used at bedtime to replace negative thoughts or worries with a focus on positive thoughts, feelings and memories.



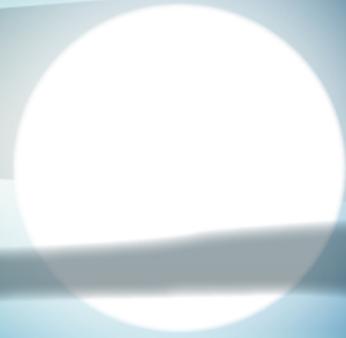
Techniques for your Toolbox

Savouring and switching

Helpful and unhelpful beliefs
about sleep



1. Savouring and switching - Ideas for savouring



What is the best place you have ever been?

What is the best time you have had with your friends/family?

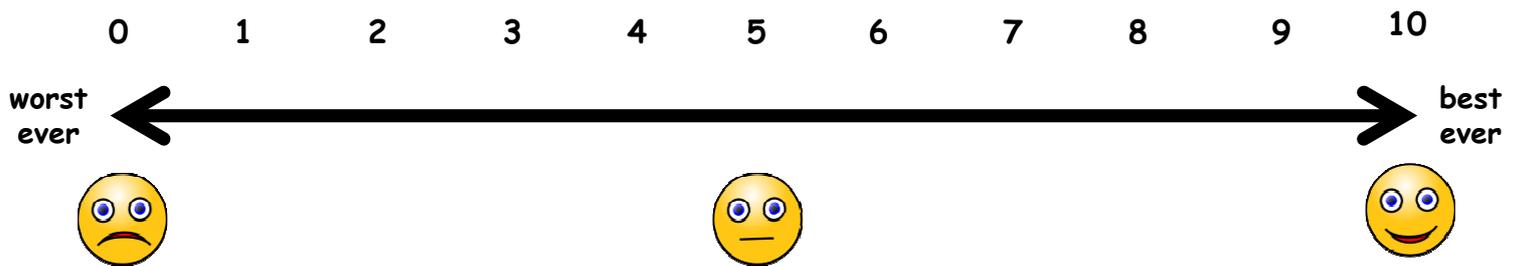
When were you the most proud of yourself?

When was your happiest moment?

What is the most fun you've ever had?

1. Savouring and switching - How to savour

1. On a scale from zero to ten, rate your mood right now...



2. Now, pick one of the positive memories from the last page, and try to picture it in your mind and describe it. This is like planning the screenplay for your movie!

Where were you? _____

What was happening? _____

Who was there? _____

What could you see? _____

What could you hear? _____

What could you smell? _____

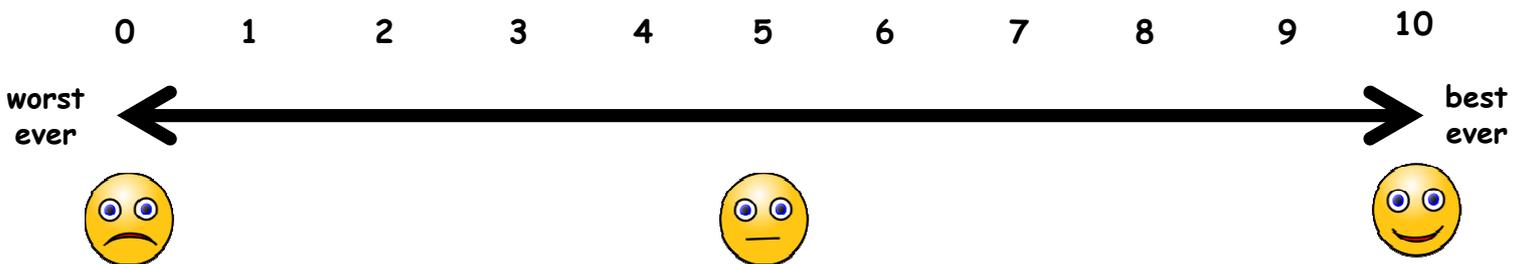
1. Savouring and switching - How to savour

3. What thoughts were going through your head when you were having this positive experience?

4. Describe the positive emotions that you felt. E.g. happy, proud, satisfied, joyful, loved, generous, etc.

5. Now that you've created a story about your positive experience, close your eyes and savour your experience by replaying your story in your mind like a movie.

6. Circle the number that fits best with your mood now...



Did savouring change your mood? If so, what changed?

1. Savouring and switching - from negative to positive



- ★ In addition to just improving your mood, you can use savouring to help you switch out of a negative frame of mind to a positive frame of mind.
- ★ This might be particularly useful if you are lying in bed at night with your mind racing with negative thoughts that are stopping you from sleeping

What was it like trying to switch from negative to positive?

Did you notice any change in your emotions and/or thoughts?

How might switching from negative to positive help you sleep?

2. Helpful and unhelpful beliefs about sleep

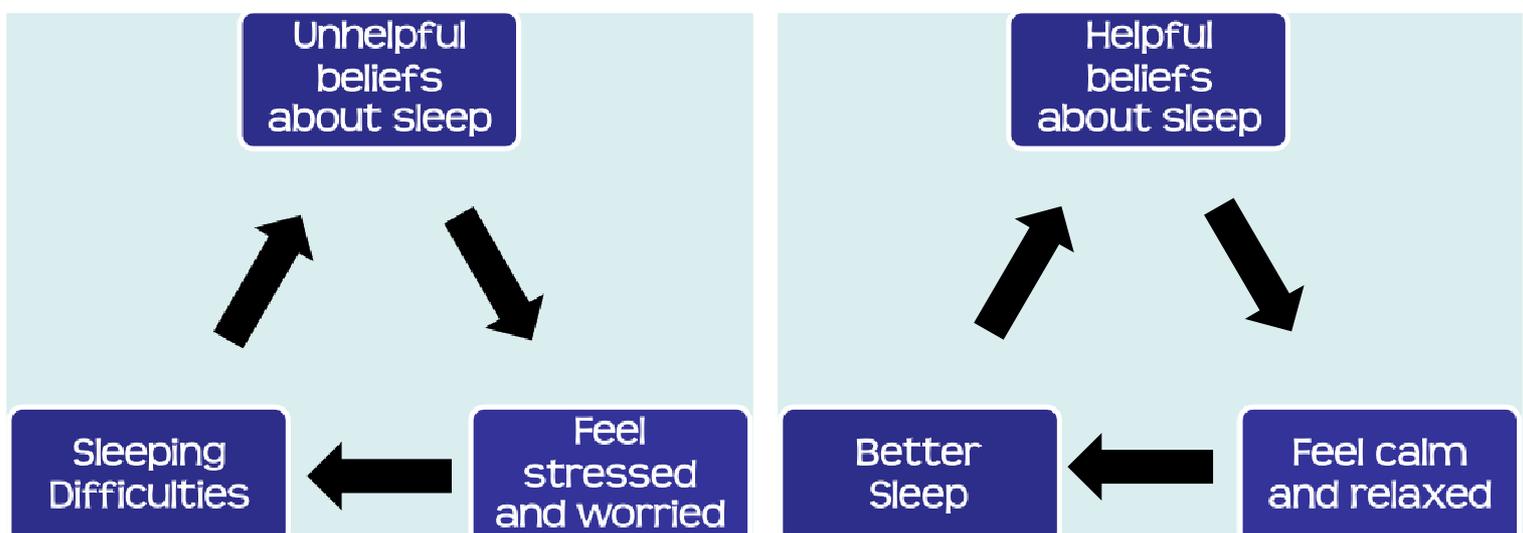
Sometimes the way we think about sleep can become very negative and unhelpful. Unhelpful beliefs about sleep can make us feel stressed, worried and frustrated, which makes it much harder to fall asleep.

There are a number of different types of unhelpful beliefs about sleep:

- ★ Exaggerating the importance of getting a good night's sleep
 - ★ If I don't sleep well it will ruin everything
- ★ Under-estimating your ability to cope if you don't sleep well
 - ★ I won't be able to handle it if don't sleep well tonight
- ★ Having unreasonable expectations about your sleep
 - ★ I must sleep well every night
- ★ Believing that you have no control over your sleep
 - ★ There is nothing I can do to become a better sleeper
- ★ Thinking that sleep is something you can fix by trying harder
 - ★ I must try harder to fall asleep
- ★ Blaming sleep for all your problems
 - ★ If I feel bad it is always because I haven't slept well



By changing the way you think about sleep, you can begin to feel more relaxed about sleep, which might help you to sleep better!



2. Helpful and unhelpful beliefs about sleep

If I don't sleep well it will ruin everything

UNHELPFUL

If I don't sleep well, I might feel a bit tired, but I can still do everything I need to do

HELPFUL

UNHELPFUL

I won't be able to handle it if I don't sleep well tonight

UNHELPFUL

There is nothing I can do to become a better sleeper

HELPFUL

In the past, I have always been able to cope OK after a bad night sleep

I know lots of strategies that can help me sleep better

HELPFUL

I must sleep well every night

UNHELPFUL

Everyone has a bad night's sleep once in a while – it is no big deal

HELPFUL

2. Helpful and unhelpful beliefs about sleep

I must try harder to fall asleep

UNHELPFUL

Sleep will come naturally when I give up my struggle with it

HELPFUL

I bet I won't be able to sleep tonight

UNHELPFUL

There is no point worrying about sleep – using my Sleep SENSE techniques gives me the best chance of a good night's sleep

HELPFUL

If I feel bad it is always because I have not slept well

UNHELPFUL

There are lots of reasons other than bad sleep that effect how I feel

HELPFUL

I have to get a good night's sleep or tomorrow will be a disaster

UNHELPFUL

I will be able to do everything I have to do tomorrow – even if I feel a bit tired

HELPFUL

Mindfulness Practice



Mindfulness of the breath practice



For today's practice:

★ Try to focus on the positive sensations you experience doing mindfulness of the breath. For example, you might feel comfortable sitting in your chair, it might be relaxing to close your eyes, or you might enjoy the feeling of your breath moving through your body.

Summary of this week

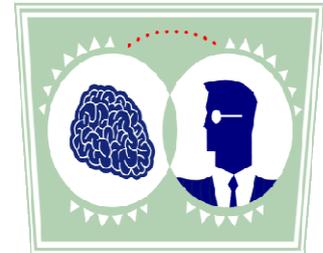


What have we learnt?

Sleep knowledge and Skills

★ We learnt about

- ★ The cognitive-behavioural model
 - ★ It's how you think about things, rather than what happens, that matters!
- ★ Focusing on positives
- ★ Savouring positive experiences



What did we do?

Toolbox Techniques

★ We practiced savouring and switching

- ★ You could use this technique if you are feeling stressed or worried during the day, to help you relax before bedtime, or if you are unable to sleep because you are feeling stressed or worried



★ We also practiced coming up with more helpful beliefs about sleep

Home Practice

During the week

- ★ Fill in the 'Beliefs about Sleep' worksheet
 - ★ This involves noting down situations where you had an unhelpful belief about sleep and coming up with a more helpful belief
- ★ Fill in the 'Savouring and Switching Monitoring Sheet'
 - ★ This involves choosing three events from your week, and writing down how your thoughts about the event influenced your emotions and what you did
- ★ Continue using your mindfulness practice
- ★ Fill in the sleep monitoring diary
 - ★ Focus on overcoming your sleep challenges by trying out different toolbox techniques, for example
 - ★ Savouring and Switching
 - ★ Identifying your unhelpful beliefs about sleep and coming up with more helpful beliefs



Before next session

- ★ Fill in the Toolbox Time worksheet
 - ★ Choose your favourite toolbox technique from the past week and fill in the Toolbox Time worksheet

Beliefs about Sleep

1. Situation (e.g. lying awake, exam tomorrow, have to get up early):



My unhelpful sleep belief:

A more helpful belief:



2. Situation (e.g. lying awake, exam tomorrow, have to get up early):



My unhelpful sleep belief:

A more helpful belief:



Toolbox Time

Favourite toolbox technique this week?



How often did you use it?



When did you use it (time, situation)?

Did it help each time you used it? Why or why not?



Do you plan to keep using it (why, when, how often)?



Session 6



Managing Worries

Session 6 Overview

Review

- Session 5 summary and quiz
- Home practice

Managing day-time worries

Sleep knowledge and Skills

- The relationship between worry and sleep
- Solvable versus unsolvable problems
- How to identify solvable problems

Toolbox techniques

- Problem solving
- Scheduling worry for later
- Creating a problem list
- Using a worry box

Managing night-time worries

Sleep knowledge and Skills

- Night-time is not a good time for dealing with worries!

Toolbox techniques

- 3-minute breathing space
- Letting go

Session summary

Home Practice



Review



Review of last week

What did we learn?

- ★ We learnt about
 - ★ The cognitive-behavioural model
 - ★ Focusing on positives
 - ★ Savouring positive experiences



What did we do?

Toolbox Techniques

- ★ We practiced savouring and switching
- ★ We also practiced identifying unhelpful beliefs about sleep and coming up with more helpful beliefs

Quiz

★ It's the way that you about things rather than that matters

★ True or False: Focusing on the positive means pretending that nothing negative will ever happen or ignoring constructive criticism



★ How can savouring and switching help you sleep?

★ Are the following beliefs about sleep helpful or unhelpful?

- ★ When I feel upset or irritable during the day it's mostly because I didn't sleep well the night before
- ★ When I have a poor night's sleep, I might not feel 100%, but I can still do the things I have to do. I have had poor sleep in the past, and I was still able to get through the day just fine.
- ★ My thoughts upset me at night and I feel I have no control over them
- ★ Naps during the day make me less tired at night so its harder to fall asleep. If I sleep poorly, my body will naturally make up for it by sleeping more deeply next time.

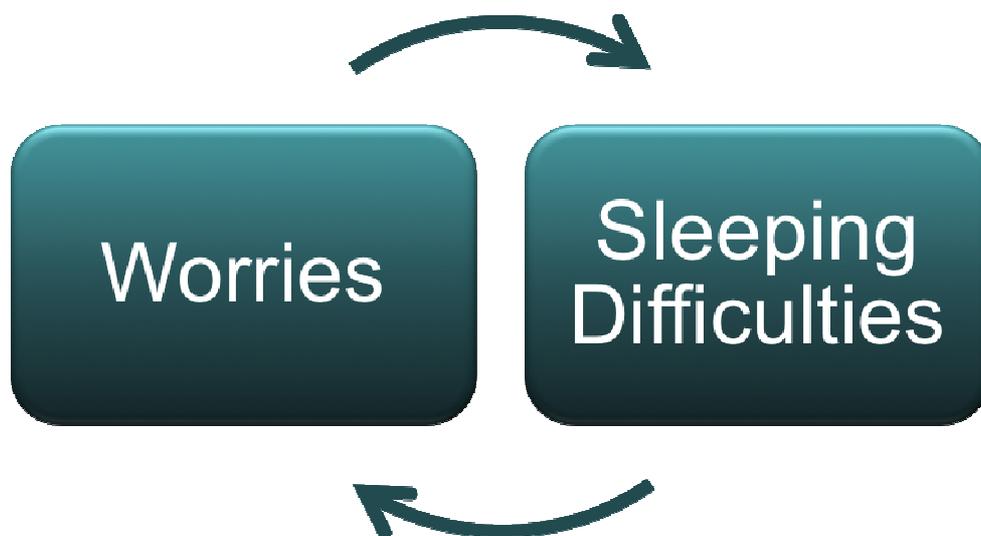
Review of Home Practice

- ★ Beliefs about Sleep worksheet
- ★ Savouring and Switching Monitoring Diary
- ★ Sleep diary
- ★ Toolbox Time worksheet
- ★ Mindfulness practice



Managing worries

- ✦ Research has shown us that young people who worry a lot are more likely to have difficulty sleeping.
- ✦ We also know that young people who have difficulty falling asleep often find themselves worrying about things at bedtime.
- ✦ So it is pretty clear that there is a relationship between worries and sleeping difficulties.



Learning to manage worries better can make it easier to fall and stay asleep during the night.

The way we manage worries depends on two things:

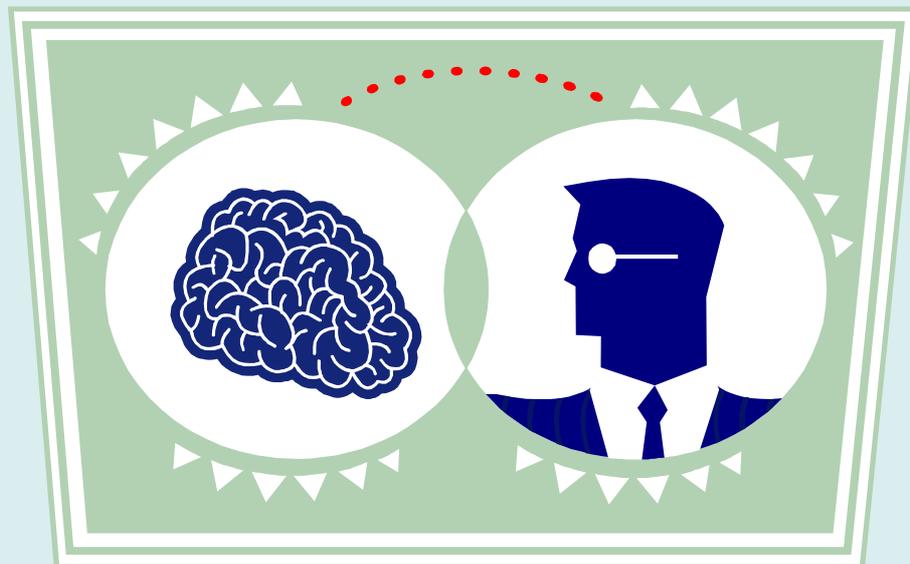
- The time of worry – day-time or night-time
- The type of worry – solvable or unsolvable problems.

Session 6 (Part 1)



Managing Worries During the Day

Sleep Knowledge and Skills



Solvable and Unsolvable Problems

The daytime is a good time for dealing with worries.

The first step is asking yourself two questions:

1. What is the problem I am worried about?
2. Is the problem solvable or unsolvable?



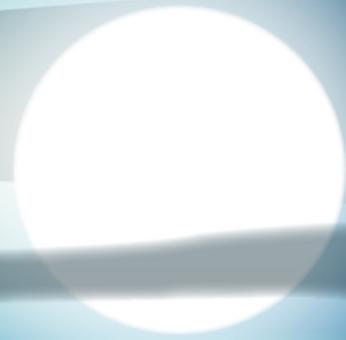
Solvable problems are problems that we can do something about – once we solve them, we don't have to worry about them any more!

Unsolvable problems are problems we can't do anything about – worrying doesn't solve these problems and only makes us more worried.

How can you tell if a problem is solvable or unsolvable?

1. Is it a real problem that is likely to happen, or an unlikely “what if” problem?
2. Is the problem happening now/very soon, or is it something that may or may not happen some time in the future?
3. Is there anything I can do about the problem? Do I have any control over it or can I prepare for it?

Solvable or unsolvable problems?



Problem	Solvable or Unsolvable?
 <p>I have a test next week and I have lost my notes</p>	
 <p>What if there is a cyclone?</p>	
 <p>What if I get a terrible illness?</p>	
 <p>I have three assignments due on the one day</p>	
 <p>What if there is a terrorist attack?</p>	
 <p>I might be late for my appointment tomorrow</p>	
 <p>What if I'm in a car accident?</p>	
 <p>My friend is being bullied by another student at school.</p>	

What are some of your solvable and unsolvable problems?



What are some common solvable and unsolvable problems you worry about?

Solvable Problems	Unsolvable Problems
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What do you think is the best approach for managing solvable problems (circle the best answer – this is not a trick question!!):

- a) Solve the problem?
- b) Ignore the problem?
- c) Avoid the problem?

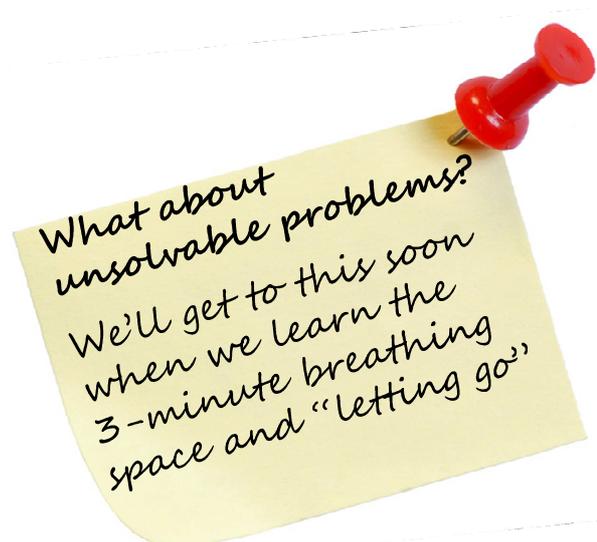
Why do you think this is the best approach?

Solving solvable problems

How do you usually feel if you try to avoid or ignore a solvable problem?

Trying to solve a solvable problem is a great way to manage stress and anxiety, increase your self-confidence, and achieve your goals.

And the best part is, when you solve a problem, you don't have to worry about it any more!



Techniques for your Toolbox

Problem Solving

Scheduled worry

Problem List

Worry box



1. Problem-solving for daytime worries

Have a go at solving one of these common problems, or use one of your own.

1. I have an assignment due next week that I haven't started and I don't really understand what I have to do.
2. All my friends are going to a party on the weekend, but I bet my mum isn't going to let me go.
3. Someone from school is posting really mean things about me on Facebook.

Step 1: What is the problem?

Option 1: _____

Option 2: _____

Step 2: Brainstorm ways of solving the problem

Option 3: _____

Step 4: Try out the option

This is what I am going to do
(when, who, how)

Step 3: Choose the best option

The best option is number _____

2. More options for dealing with daytime worries

2a: Schedule Worry for Later

Rather than carrying worries around with you all day, set some time aside each day that you can dedicate to thinking about things that you are worried about. This is called scheduled worry. If you find yourself worrying outside your scheduled worry time (like when you are in bed), try saying to yourself “I’ll worry about it later”, and switching to savouring to stop the worries.



2b: Problem List

During the day, make a list of the problems you are facing. This is a great start in dealing with day-to-day stress. Often the problems don’t seem as big when you put them down on paper.

2c: Worry Box

If you find yourself worrying about things at a bad time (like before bed!), find a pen and piece of paper, write down the worry, and then put it in a ‘worry box’. When it is your scheduled worry time, open the box and go through your worries.

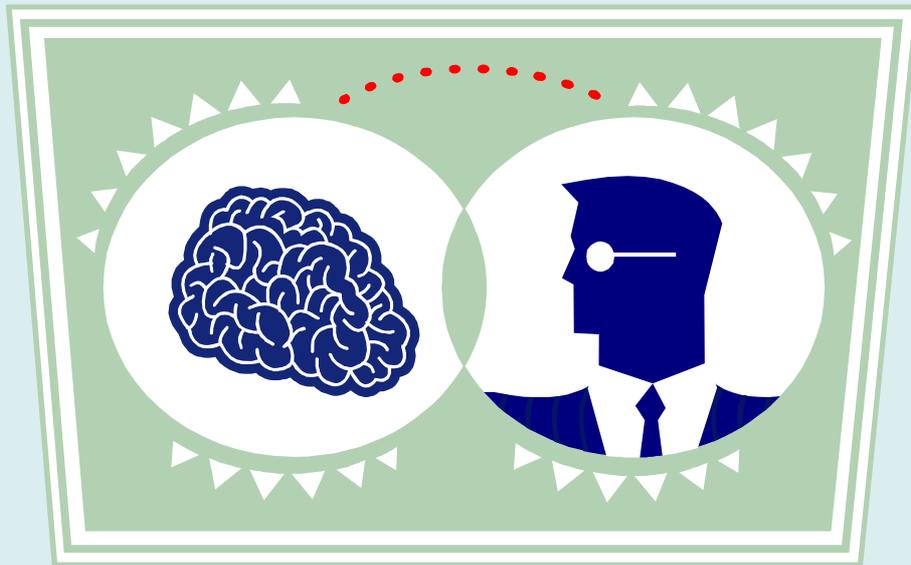


Session 6 (Part 2)



Managing Worries at Night

Sleep Knowledge and Skills



Managing worries at night-time



Unlike daytime, night-time is NOT a good time for dealing with worries.

- ✦ Worries at night-time can lead to sleeping difficulties.
- ✦ There usually isn't anything you can do about problems late at night.
- ✦ Problems often seem worse late at night than they do in the morning.

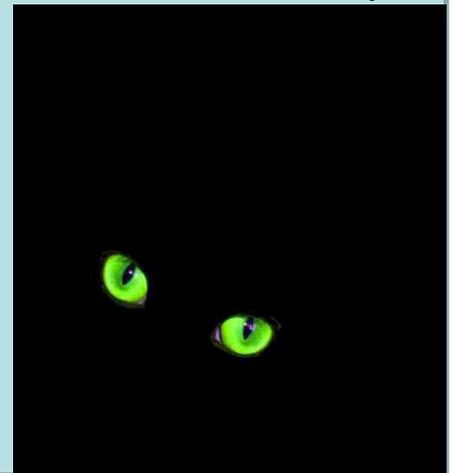
What should you do if you start worrying at night-time?

Strategies we have already learned:

- Write the worry down and put it in your worry box
- Practice mindfulness (e.g., mindfulness of the breath, body scan)
- Switch to savouring

New Strategies:

- 3-minute breathing space
- 'Letting go'



All the strategies for night-time worries
can also be used for “unsolvable” problems.

Techniques for your Toolbox



3-minute breathing space

Letting go



1. 3-minute breathing space instructions

The 3-minute breathing space is a quick mindfulness technique that can help you cope with worries and stress on the spot. It involves 3 steps:

STEP 1. AWARENESS

Close your eyes and bring your attention to your inner experience. Ask yourself:

- what is my experience *right now*?
- What thoughts are going through my mind?
- What emotions am I feeling?
- What sensations can I feel in my body?
- Put your experiences into words, for example, say in your mind, “I am thinking that I will fail the test tomorrow”, “I am feeling worried”, “my chest feels tight”.

STEP 2: REDIRECTING ATTENTION

Gently redirect your full attention to your breathing. Follow the breath all the way in and all the way out. Notice the physical sensations of breathing in your belly, your chest and your nose.

To help you focus on your breathing, try saying to yourself “Breathing in ... breathing out” or counting, “inhaling, one ... exhaling, one; inhaling, two ... etc.”

STEP 3: EXPANDING ATTENTION

Allow your attention to expand to your whole body - especially to any sensations of discomfort, tension, or tightness. If these sensations are there, then bring your attention to them and “breathe into them” on the in-breath. Then, breathe out from those sensations, allowing those parts of your body to soften with the out-breath. Say to yourself on the out-breath, “It’s OK. Whatever it is, it’s OK.”

1. 3-minute breathing space



What was the 3-minute breathing space like for you?

What thoughts, emotions and sensations did you become aware of?

Were you able to relax any areas of discomfort or tension in your body through your breathing?

Did you notice any changes in your thoughts and emotions once you finished the 3-minute breathing space?

1. Using the 3-minute breathing space

The 3-minute breathing space is especially useful at night-time when you find yourself worrying and can't sleep.

You can also use it during the day when you notice yourself feeling stressed, or when you think you might become stressed.

For example, you could use it:

- Before you have to give a talk in class
- If you have a fight with your mum
- If you feel like you embarrassed yourself in front of your friends.

In what other situations could you use it?

- _____
- _____
- _____
- _____

Finally, the 3-minute breathing space is a good way of managing unsolvable problems.

2. “Letting go”

Another strategy that can help you deal with worries at night-time is “letting go”. There are many different ways you can do this – pick the one that feels right for you.



Leaves on a stream: Imagine a moving stream with leaves floating on the water. Put your thoughts and worries on the leaves one by one and watch them drift further and further away with the stream.



Conveyor belt: imagine a conveyor belt moving right in front of you. Put your thoughts and worries on the conveyor belt one by one and watch them becoming smaller and smaller as they move further away.



Thought bubble/cloud: imagine your thoughts and worries are like clouds or bubbles floating in the air. Watch them moving around in a gentle breeze as they drift further and further away.



Labeling: If you prefer using words, labeling what you are experiencing can work very well to help you let go of thoughts and worries. For example, if you notice you are thinking about not sleeping, label it as “thought”. If you notice yourself feeling anxious, label it as “emotion”. If you notice your heart beating fast, label it as “sensation”.

“Letting go” is also a great way of dealing with unsolvable problems.

Mindfulness Practice



Mindfulness of the breath practice

For today's practice:

★ When you notice thoughts or worries coming into your mind, practice labeling them as worries, and then bringing your attention back to your breathing. You could also use images to 'let go' of any worries that you notice (like leaves on a stream, conveyor belt or bubbles) or help bring your attention back to the breath (like imagining your breath as an anchor).

Summary of this week

Managing day-time worries

Sleep knowledge and Skills

We learnt about

- The relationship between worry and sleep
- Solvable versus unsolvable problems
- How to identify solvable problems



Toolbox techniques

We learnt that the following can be helpful for dealing with daytime worries

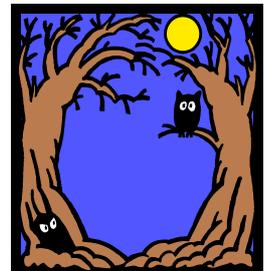
- Problem solving
- Scheduling worry for later
- Creating a problem list
- Using a worry Box

Managing night-time worries

Sleep knowledge and Skills

We learnt that

- Worry can be really bad for sleep
- Night-time is not a good time for dealing with worries



Toolbox techniques

We learnt that the following can be helpful for dealing with night-time worries

- Creating a problem List
- Using a worry box
- Mindfulness (mindful attention, breath, body scan)
- Savouring and switching
- 3-minute breathing space
- Letting go

Home Practice

During the week

★ Fill in the 'Problem and worry monitoring sheet'

- ★ This involves identifying any daytime worries that you have experienced this week. For solvable problems, try problem-solving, and for unsolvable problems, try any of the strategies listed below.

★ Fill in the sleep monitoring diary

- ★ Focus on overcoming your sleep challenges by trying out different toolbox techniques, for example
 - ★ Creating a problem List
 - ★ Using a worry box (there is a worry box template at the end of the notes for this session)
 - ★ 3-minute breathing space
 - ★ Letting go
 - ★ Mindfulness (mindful attention, breath, body scan)
 - ★ Savouring and switching

★ Continue practicing mindfulness and savouring and switching.

Before next session

★ Fill in the Toolbox Time worksheet

- ★ Choose your favourite toolbox technique from the past week and fill in the Toolbox Time worksheet



Problem & Worry Monitoring

Date	Describe the problem/worry	Time (e.g., day or night)	Technique used (e.g., breath, body scan)	How useful was it? (1=not at all – 10=very useful)	Comments
24.04.13	Worrying about maths test tomorrow	Night	3-minute breathing space	8	Felt relaxed afterwards and fell asleep

Problem-solving for worries

Step 1: What is the problem?

Option 1: _____

Option 2: _____

Step 2: Brainstorm ways of solving the problem

Option 3: _____

Step 3: Choose the best option

The best option is number _____

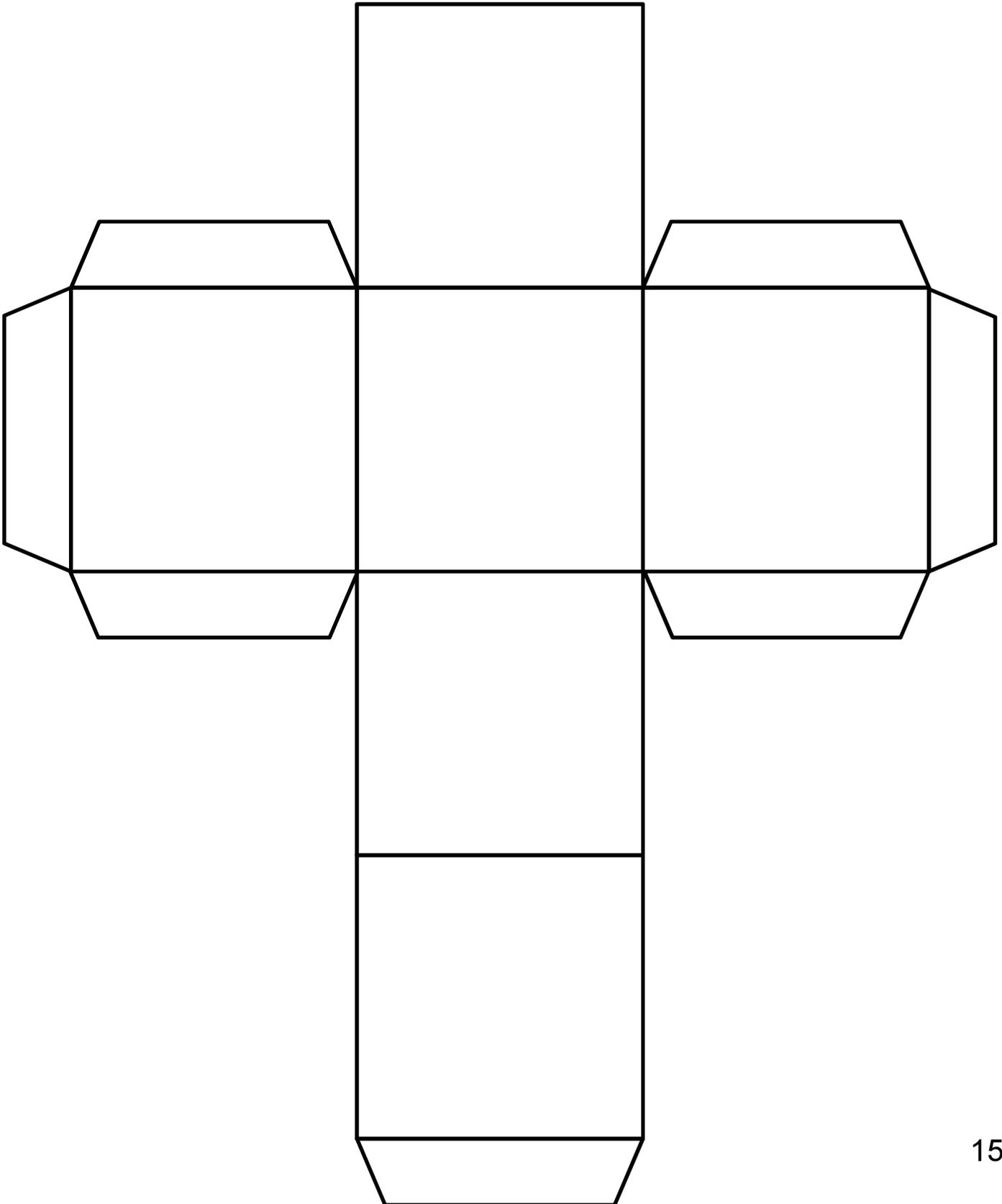
Step 4: Try out the option

This is what I am going to do
(when, who, how)

Step 5: How did it go?

What was the outcome? What
would you do differently next
time?

Template for worry box



Toolbox Time

Favourite toolbox technique this week?



How often did you use it?



When did you use it (time, situation)?

Did it help each time you used it? Why or why not?



Do you plan to keep using it (why, when, how often)?



Session 7



Your Sleep
into the Future

Session 7 Overview

★ Review of last session

- Session 6 summary and quiz
- Home practice
 - Stress and worry monitoring sheet
 - Sleep monitoring diary
 - Toolbox Time worksheet

★ Review of the SENSE program

- Key sleep tips
- Case study - Sophie
- SENSE goals
- Toolbox techniques
- Setbacks and what to do about them
- Letter to myself

★ Mindfulness of the breath practice

★ Booster Sessions



Review



Review of last week

Managing day-time worries

Sleep knowledge and Skills

We learnt about

- The relationship between worry and sleep
- Solvable versus unsolvable problems
- How to identify solvable problems



Toolbox techniques

We learnt that the following can be helpful for dealing with daytime worries

- Problem solving
- Scheduling worry for later
- Creating a problem list
- Using a worry Box

Managing night-time worries

Sleep knowledge and Skills

We learnt that

- Worry can be really bad for sleep
- Night-time is not a good time for dealing with worries

Toolbox techniques

We learnt that the following can be helpful for dealing with night-time worries

- Using a worry box
- Mindfulness (mindful attention, breath, body scan)
- Savouring and switching
- 3-minute breathing space
- Letting go

Quiz

★ True or false:

- ★ Solvable problems are real problems or problems that are likely to happen now or in the near future, and that you have some control over.
- ★ worrying about unsolvable problems helps you solve the problem.

★ Avoiding or ignoring a solvable problem might make you feel _____ in the short term but _____ in the long term.

★ Why is it not recommended to think about your worries at night?

★ Which of the following is NOT a good way to manage worries at night:

- Mindfulness
- Worry box
- Savouring
- Problem solving
- 3-minute breathing space
- 'Letting go'



Review of Home Practice

- ★ Problem and worry monitoring sheet
- ★ Sleep monitoring sheet
- ★ Toolbox Time worksheet
- ★ Mindfulness plan



Review: Key Sleep Tips

- ★ Only use your bed for sleep.
- ★ Make sure your bedroom is cool, dark and quiet.
- ★ Avoid caffeine after 2.00pm.
- ★ Exercise during the day, but avoid exercise in the evening.
- ★ Don't lie awake unable to sleep for hours. Get up and do something relaxing in a quiet, dark room and then go back to bed
- ★ Try to go to bed and wake up at approximately the same time every day (including weekends!).
- ★ Your body does not need to sleep for longer to catch up on sleep, so avoid napping, going to bed too early and staying in bed too long after a bad night's sleep.
- ★ Having a regular wind-down routine and dim light in the evening can help prepare your body for sleep.
- ★ A quick-wake-up routine and exposure to sunlight during the day helps to regulate your circadian rhythms and makes sleep easier.
- ★ Avoid homework, talking to friends or use of electronic media within half an hour of bedtime.
- ★ You can't "try harder" to fall asleep. Sleep will come naturally when you give up your struggle with it.

Relaxation and Worry Management Techniques

★ Mindfulness techniques

- ★ Mindful attention (e.g., raisin)
- ★ Mindfulness of the breath
- ★ Body scan
- ★ 3-minute breathing space
- ★ 'Letting go'

★ Daytime worry techniques (for solvable problems)

- ★ Problem solving
- ★ Scheduling worry for later
- ★ Creating a problem list
- ★ Using a worry Box

★ Night-time worry and unsolvable problem techniques

- ★ Any of the mindfulness techniques
- ★ Savouring and switching
- ★ Using a worry box

When to use these strategies?

★ Regular practice of sleep, mindfulness and worry management strategies can help maintain a healthy and balanced life-style, and is the best way to keep your sleep on track.

★ It can also help you with stress and life changes, for example:

- ★ During Exam periods
- ★ If you have many extra-curricular activities
- ★ When you have a conflict with someone
- ★ If you have just returned to school from a holiday
- ★ If you are feeling tired
- ★ If you are finding it hard to wind down
- ★ If you are feeling sad, worried or angry



Case Study: Sophie

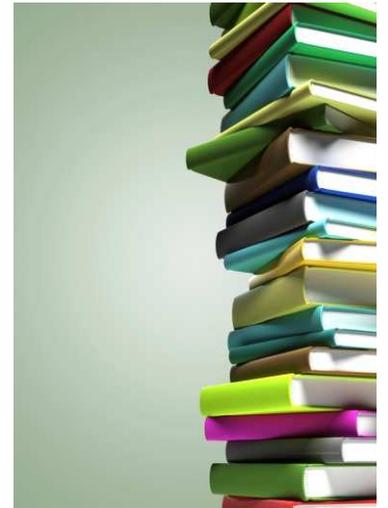
- This is Sophie
- Sophie is in Year 9 and her favourite subjects are Art and History.
- She lives with her parents, younger brother, and her cat, Scratchy. 
- Sophie tends to worry about things quite a bit, and has always been shy. Growing up, she had trouble sleeping from time to time.
- As the term goes on, Sophie starts to feel more and more stressed and tired. She is having difficulty falling asleep and struggles to get up in the morning. She also feels very sleepy in class, and sometimes can't concentrate on what the teacher is saying.



Case Study: Sophie

Weekdays

- Sophie gets up at 7:00am and usually comes home at 5:30pm after school and sports.
- She has a 1-hour nap before dinner, and starts doing her homework at 8:00pm in the living room. She has a cup of coffee to help her stay alert.
- At about 10:30pm, Sophie goes on Facebook or messages friends. Her best friend is going through a really difficult time at the moment, and Sophie tries to be there for her.
- When she goes to bed at around 11:00pm, her mind is often racing. She worries about her homework, her friends, and sometimes she simply worries that she won't fall asleep.



- Sometimes Sophie feels hungry when she goes to bed, and gets annoyed by the sound of the clock ticking in her bedroom.
- During the night, she often gets woken up by Scratchy, who is busy hunting 166 around the house.

Case Study: Sophie

Weekends

- Sophie loves sleeping in on the weekends and doesn't get up until 11:00am.
- On Friday and Saturday nights, she does fun things like hanging out with friends, watching movies, or surfing the internet. She usually stays up til 1:00-2:00am.



- Sunday nights are often difficult because it's her last chance to finish homework that she has put off doing over the weekend.
- Sophie tries to go to bed around 10:00pm on Sundays, but she usually feels wide awake at that time. She often finds herself lying in bed, worrying about school. She ends up sleeping badly, and wakes up feeling tired and irritable.

Case Study: Sophie

What issues are affecting Sophie's sleep?

What would you suggest Sophie do to improve her sleep?

SENSE Goals

What were your SENSE Goals?

Did you achieve them?

(1 = not at all; 10 = perfect!)

1

1 2 3 4 5 6 7 8 9 10

2

1 2 3 4 5 6 7 8 9 10

3

1 2 3 4 5 6 7 8 9 10

What have been the biggest improvements in your sleep?

What aspects of your sleep do you still want to work on?

My Tool Box

No caffeine
after 2pm

Go to bed at
the same
time every
day

Get up at the
same time
every
morning

Minimize
movement in
bed

Don't go to
bed too early
or sleep in if
you have had
a bad night

Mindfulness
of the breath

3-minute
breathing
space

Have dinner
2-3 hours
before bed

Use your bed
for sleep only

Turn off
social media
30 minutes
before bed

Avoid napping

Body scan

Mindful
attention

Letting go

Don't
exercise
before bed

Hide your
alarm clock

Get out of
bed if you
can't fall
asleep

Problem
solving

Problem list

Keep your
bedroom
cool, dark and
quiet

Turn the light
off as soon
as you go to
bed

Have a quick
wake-up
routine

Have a wind-
down routine

Positive
thinking

Savouring and
switching

Scheduled
worry

Worry box

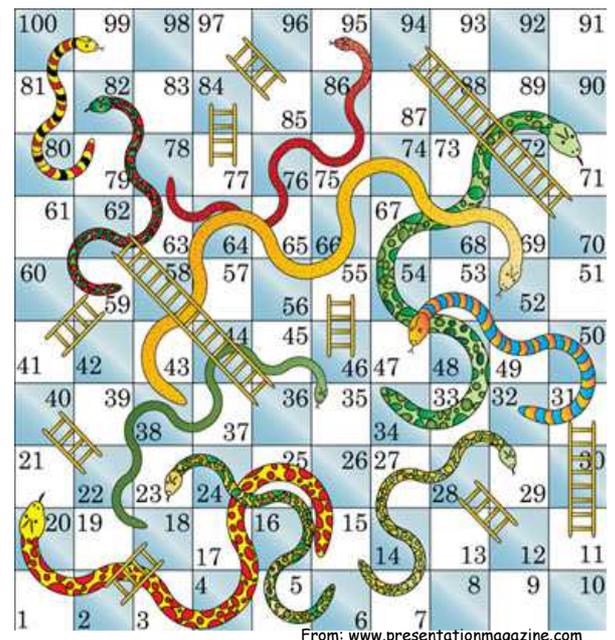


Setbacks

Hopefully by now you have experienced some improvements in your sleep.

But it's important to remember that from time to time, you might have a setback where you start to have more sleeping difficulties again. This is totally normal and nothing to worry about.

Setbacks do not mean that you are losing all the progress you have made; rather, setbacks happen because it is very normal to have ups and downs in the quality and amount of your sleep. You do not suddenly become a 'good sleeper', and stay that way forever. Sleeping better is a learning process that you have to keep working on over time.



Remember that setbacks are a normal part of learning to overcoming sleep difficulties.

Setbacks are NOT a sign that you are 'going back to square one'.

All good sleepers have bad nights occasionally.

Setback prevention

Planning for setbacks can help you prevent them from happening. What are some potentially difficult situations you might come across? What early warning signs of sleeping difficulties should you look out for? Who can you turn to for support? What are the important sleeping techniques that can most help you?

Setbacks remind you to use the sleeping skills you have learned.

1. What are some potentially difficult situations?

2. What are the first signs that I need to do something about my sleep?

3. Who are five supportive people that could give me a “Helping Hand”?

4. What are the sleep techniques that can help me the most?





Letter to myself

Write a letter to yourself about what you most want to remember from the SENSE program.

In the letter, remind yourself about the importance of continuing to practice all the sleep techniques and strategies you have learned, and set yourself a goal to keep at it.

In one month's time, we will send you your letter and you can stick it in here.

Mindfulness of the breath practice

For today's practice:

✧ Compare your experience of mindfulness of the breath today with the first time you did it. What has changed?

✧ Remember that mindfulness is a skill that takes a lot of practice. The more you practice, the more you are likely to benefit from it.