

Welcome



ARTHRITIS NEW ZEALAND

ENABLING A BETTER QUALITY OF LIFE

Sleep Soundly Seminar
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Arthritis Educator

How much sleep do you
need?

How do we compare with other animals?





1.9



19.9



2.9



18.0

Overview

- What is sleep?
- Sleep disorders
- Insomnia - what we can do
- Medications
- Q & A

"As far as I know, the only reason we need to sleep that is really, really solid is because we get sleepy."

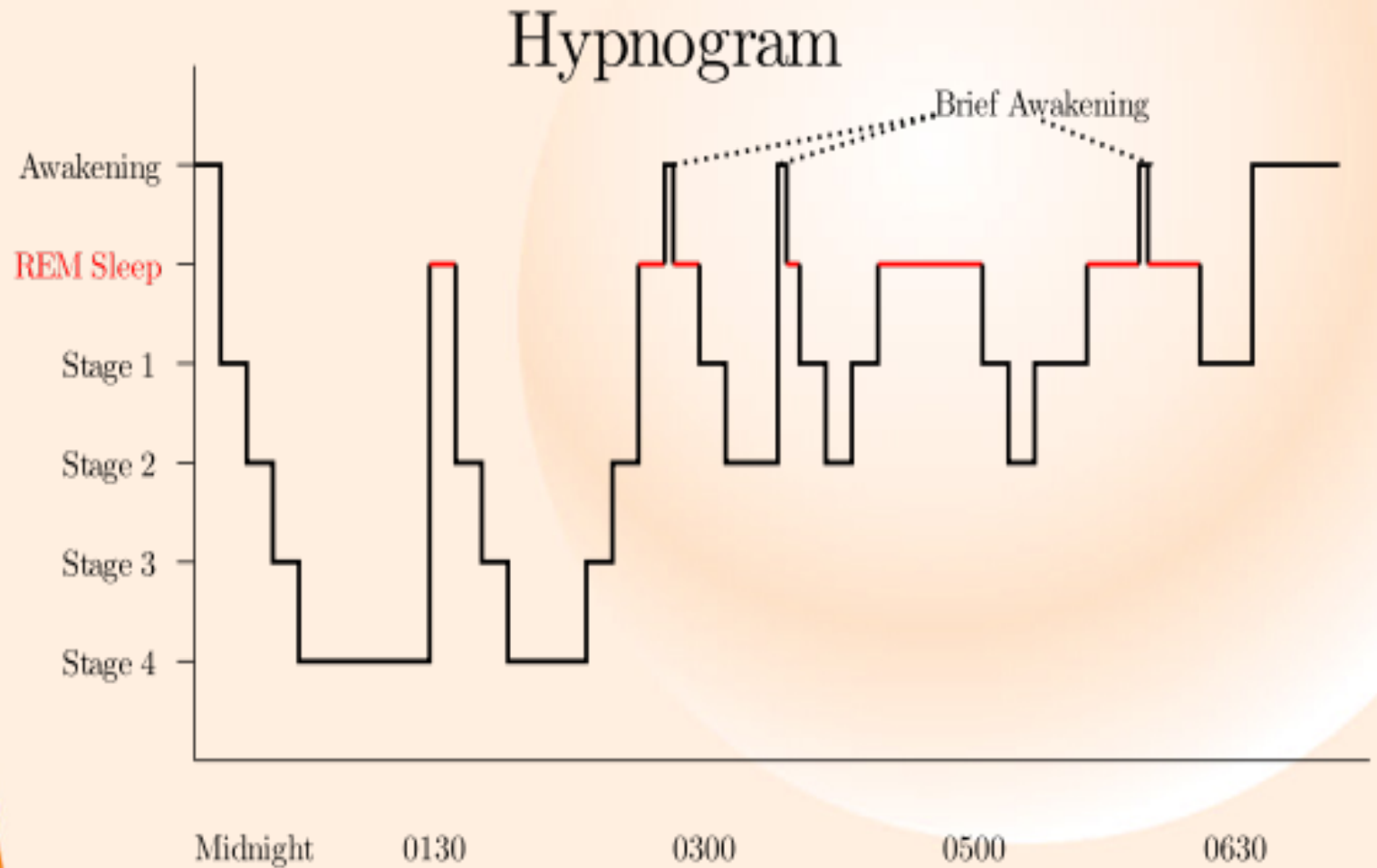
William Dement, founder of Stanford University Sleep Research Center.

Purpose of sleep

- Processing emotions
- Immune system
- Memory consolidation
- Brain development
- Decision making processes



Sleep cycles



Other Sleep Disorders

- **Insomnia**
- **Restless legs syndrome**
- **Sleep eating**
- **Night terrors**
- **Narcolepsy**
- **Circadian Rhythm disorders**

What keeps you awake?



Insomnia

- Pain
- Feeling sad
- Stress, anxiety
- Certain medicines
- Grief
- Caffeine, alcohol, nicotine or drugs
- Illness – mental and physical
- Excitement
- Daytime napping
- Sleeping in a place with a lot of noise or light
- Going to bed early
- Spending too much time in bed awake





What can we do about it?



Medical Help

- Check side effects of medications with GP or pharmacist
- Medical symptoms
- Pain control
- Mental health

Sleep Hygiene

- Get up at the same time every morning, even if you don't feel rested 7 days / wk
- Morning sunlight
- Take some exercise during the day
- Avoid stimulants after 2pm

Sleep Hygiene

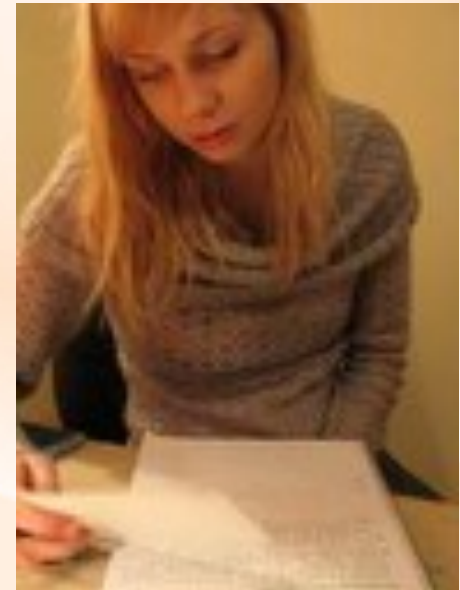
- Try not to nap after 3pm.
- Avoid drinking any fluids 2 hours before bedtime.
- Avoid large meals just before you go to bed.
- Avoid bright lights / screens

Bedtime Routine

- Diary
- Hot bath or shower
- Relaxation / breathing
- Go to bed when sleepy

Set the day to rest

- Journal
 - Write your worries
 - throw them away
 - Write a to do list
 - allocate a time



Cognitive Behavioural Therapy -Insomnia

- Get bossy – not time for anxiety
- Challenge your thoughts: you can cope tomorrow
- Serenity prayer
- Mindfulness

Stimulus control

- Bedroom only for sleep and intimacy
- Bed is a safe and comfortable place for sleeping.
- Quiet, dark and comfortable temperature. Ideally 17 – 18C

Remove your clock



Stil awake after 20 mins?

- Leave your bedroom
- Go back to bed after 20 mins
- Don't try to fall asleep – let go & drift off
- Imagery / relaxation

Sleep Restriction Therapy

- Limits time in bed awake
- Gradually extend time as sleep quality and duration improves
- Develops deeper, longer sleep with fewer wakings
- Dr Colin Espie: University of Glasgow Sleep Institute

What are you prepared to do to sleep well?

- Be consistent in your use of these methods
- Studies show they are effective in getting to sleep quicker, staying asleep longer and improving the quality of sleep
- <http://www.sleep.org.au>

Charles M. Morin C, Bootzin R, Buysse D et al

Bootzin R & Epstein D 2011

Montgommery P Dennis J 2009

Morrin Murtagh 1995

Smith 2003

Bastien 2004

Walters 2003

Research

- The efficacy of cognitive-behavioral therapy for insomnia(CBT-I) in patients with chronic pain
- 8 wk course CBT-I using sleep diary, sleep restriction, stimulus control, sleep hygiene and challenging catastrophic thoughts about the consequences of insomnia
- Significant improvements in sleep and interference of pain.

Jungquist CR, O'Brien C, Matteson-Rusby S et al, 2010

Sleeping Pills

- Address underlying medical & emotional problems
- Short term < 4 wks
- Rebound effect and side effects
- Creates a belief that can only sleep with medication



CBT-I verses Zopiclone for Chronic Primary insomnia in older adults

- Interventions based on sleep restriction & CBT-I were superior to zopiclone short and long term
- Sivertsen B, Omrik S, Pallesen et al 2006

Questions



Bronze statue of Eros sleeping, 3rd century B.C.
The Metropolitan Museum of Art, New York,

Whales and Dolphins



References

- Bootzin, R.R., & Epstein, D.R. (2011) Understanding and treating insomnia. *Annual Review of Clinical Psychology*
- Dr Alex Bartle: Sleep Consultant <http://www.sleepwellclinic.co.nz/>
- Dr Anna Clarkson, Clinical Psychologist, NZRSI :Conversation <http://www.nzrsi.co.nz/>
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Thank you for your
Participation