

**Counter Control Instructions**  
**University of North Carolina Hospitals**  
**Sleep Disorders Center**

1. Stay in bed during the appropriated time period whether you are able to fall asleep or not.  
From \_\_\_\_\_ to \_\_\_\_\_
2. Spend thirty minutes each day in the bed performing work, reading or watching TV.
3. Spend thirty minutes each day performing the relaxation techniques.

# **Progressive Relaxation Technique**

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Being relaxed helps promote sleep onset. These exercises will help you relax and improve your sleep. There is no perfect way to do these exercises so allow yourself to relax and enjoy. It's recommended you do these exercises nightly for at least a couple of weeks until the ability to relax easily is learned.

There are two methods: For the first, muscles are relaxed progressively from feet to head. While lying on your back, mentally free the muscles of toes, feet, and ankles to unwind. Wait until there is a let down sensation and your feet seem to rest heavier on the mattress. When the feet are relaxed, continue the loosening up process with the lower legs, knees, and thighs, and then upward along your body. At each region, try to will your muscles to relax and wait until you feel the heaviness of their loss of muscle tension. While doing this, remember to breathe slowly in and out through your nose. The exercise may be repeated three or four times until the body is sufficiently relaxed.

For the second method, a muscle group is constricted and tensed until there is a mild amount of discomfort; then the muscles are relaxed and a feeling of relief follows. Again, lie comfortably on your back. Press your feet firmly into the mattress for a slow count of 5, then relax until you feel the heaviness sensation, then move up the body, the lower legs, the knees, the thighs, buttocks, back, abdomen, chest, arms, and the head. Do the exercise twice at each location. You can also try firm flexion at the ankles, the knees, elbows, and neck. Again, hold at each location for a slow count of 5, and then relax. Finish by clenching both fists and then unclench. Remember to breathe deeply through your nose focusing on the release of the out breath.

There are several methods of relaxation. Remember the goal of these exercises is to help you relax. Some people find that these exercises allow them to enter sleep. You should practice these methods every day for at least a month, in the evening, and away from other distractions. You may even use these exercises during the day when you feel stressed. Enjoy your ability to relax.

**Stimulus Control Therapy**  
**University of North Carolina Hospitals**  
**Sleep Disorders Center**

1. Lie down intending to go to sleep only when sleepy.
2. Do not use your bed for anything except sleep; that is do not read, watch television, eat or worry in bed. Sexual activity is the only exception to this rule. On such occasions, the instructions are to be followed afterward when you intend to go to sleep.
3. If you find yourself unable to fall asleep, get up and go into another room. Stay up as long as you wish and then return to the bedroom to sleep. Although we do not want you to watch the clock, we want you to get out of bed if you do not fall asleep immediately. Remember that the goal is to associate your bed with falling asleep quickly. If you are in bed more than 10 minutes without falling asleep and have not gotten up, you are not following asleep and have not gotten up, you are not following the instruction.
4. If you still cannot fall asleep, repeat rule 3. Do this as often as is necessary throughout the night.
5. Set your alarm and get up at the same time every morning regardless of how much sleep you got during the night. This will help your body acquire a consistent sleep rhythm.
6. Do not nap during the day.

**Sleep Restriction Therapy**  
**University of North Carolina Hospitals**  
**Sleep Disorders Center**

1. Go to bed each night at the designated time.

Bedtime is \_\_\_\_\_

Rise time is \_\_\_\_\_

2. Do not nap.
3. Keep a diary of your sleep and your daytime activities on the calendar given to you.
4. If you feel sleepy during the day, do not drive.
5. Your next appointment is on \_\_\_\_\_ at \_\_\_\_\_.
6. Bring your diary with you to the clinic visit.

# **Cognitive-Behavioral Therapy**

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This approach combines multiple techniques to improve the patient's sleep. This approach may be customized to the patient's needs so that more time may be devoted to areas of difficulty. Patient's may also have substitution of sessions with other programs such as Medwell.

Initial Evaluation and Overview: Overview of insomnia treatment plan and general sleep education.

Session 1: Sleep hygiene and sleep education

Session 2: Sleep restriction techniques

Session 3: Modified stimulus control

Session 4: Daytime relaxation response techniques

Session 5: Bedtime relaxation response techniques

**Circadian Rhythm Therapy**  
**University of North Carolina Hospitals**  
**Sleep Disorders Center**

1. Get out of bed at the same time every day (including weekend).
2. Exercise for \_\_\_\_\_ minutes after awakening each morning.
3. Be outside in the sunshine for thirty minutes each day.  
Preferably at \_\_\_\_\_ AM/PM.
4. Eat three meals each day at regular time.
5. In the evening in the last hour to two hours before sleep  
    reduce the amount of light to low level lighting  
    minimal physical activity  
    avoid performing alerting activities
6. Take a hot bath within one hour prior to bed.
7. If you take an aspirin a day, take this in the evening prior to bed.

# **Suggestions for Improving Your Sleep**

## **University of North Carolina Hospitals Sleep Disorders Center**

### **A. Make your sleep environment best for sleep**

1. Sleep in a comfortable firm bed.
2. Have a comfortable pillow that is less than one year old.
3. Have clean linens.
4. Make sure your room is dark, limit light use dark heavy curtains.
5. Do not have the clock visible during the night.
6. Do not have TV's or stereos in the bedroom.
7. Make the bedroom only for sleep, not work, eating, drinking or writing.
8. Make sure the bedroom is quiet, eliminate sources of noise: close your door, wear ear plugs if needed, use low level white noise (fan, rain water machine).
9. Keep your bedroom cool 68-72 degrees. Do not overdress for sleep.

### **B. Healthy habits during the day**

1. Avoid caffeine (coffee, tea, soda).
2. Exercise every day: Aerobic exercise (running, bicycling, swimming) in the morning or before 3:00 PM, or light walking in the evening.
3. Eat a healthy balanced diet at stable routine time for meals.
4. Avoid napping. No more than 15 minutes.
5. Allow yourself a period of time away from your sleep time to reflect on the day.
6. Maintain a stable bedtime and wake time.
7. Reward yourself: include an activity that you enjoy each day.

### **C. Preparing yourself for Bed**

1. Allow yourself an hour wind down period, decrease your activity, low level light and relax.
2. Develop a bedtime ritual that helps you sleep: check the doors, turn off the lights, brush your teeth, take a hot bath etc.
3. Limit drinking liquids after 7:00 PM.
4. Avoid drinking alcohol in the evening.
5. Avoid using a computer just prior to bed.
6. If you have several things on your mind, write your thoughts in a journal or on a list.
7. Go to bed when you are sleepy, if you find yourself being frustrated about not sleeping or awake form more than 25 minutes, go to another room and remain awake doing boring activities. When you feel sleepy return to bed.

## **Instructions for Phototherapy**

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Phototherapy is a means to enhance your sleep wake rhythms by utilizing your body's response to bright light. Light is one clue for the brain to recognize whether it is time to be awake. Bright light can increase the signals to the brain to improve the ability to be awake and can help shift your internal body clock. It does this through probably multiple mechanisms. The exact mechanisms by which the treatment works are not known, but bright light help to readjust the body's circadian (daily) rhythms, or internal clock. Other popular theories are that light triggers the production of serotonin, a neurotransmitter believed to be related to depressive disorders, or that it influences the body's production of melatonin, a hormone derived from serotonin that may be related to circadian rhythms.

Full spectrum light, such as sun light appears to have the most potent effect. There are several suppliers of light boxes or you can install your own. We suggest using light bulbs or tubes that mimic the sun's light spectrum and in total produce over 5,000 lux of light.

1. Position yourself directly in front of the light source.
2. Make sure you are seated so the light is directed toward your face and body.
3. Allow for \_\_\_\_\_ minutes of light therapy each day at \_\_\_\_\_ AM/PM.
4. Include the light therapy each day, including weekends.

#### **Suppliers of Light Boxes:**

1. Apollo Lights <http://www.apollo-health.co>
2. Northern Light Technologies Montreal Canada 1-800-263-0066
3. Litebook [www.litebook.com](http://www.litebook.com)

#### **Other Sources of Information**

National Institute of Mental Health (NIMH). 5600 Fishers Lane, Rm. 7C-02, Bethesda, MD 20857. (301) 443-4513. <http://www.nimh.nih.gov/>.

Society for Light Treatment and Biological Rhythms. 10200 West 44th Avenue, Suite 304, Wheat Ridge, CO 80033-2840. (303) 424-3697.  
<http://www.websciences.org/sltbr/>.