

Brief Behavioral Treatment for Insomnia – Adapted for Bipolar IOP

(revised 8.11.10)

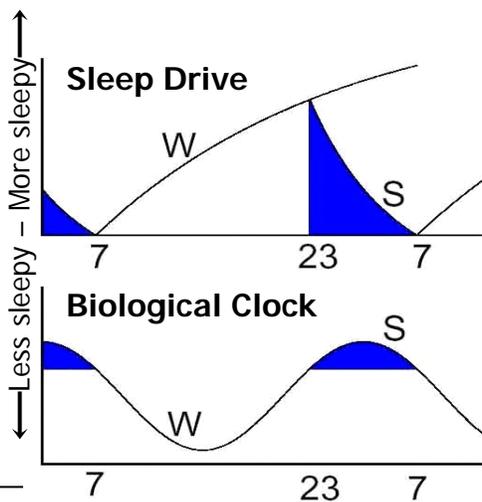
Practices that help sleep

- Exercise
- Daily routines
- Treating medical problems
- Comfortable sleep environment
- Keeping your bed for sleep (& sex)

Practices that hurt sleep

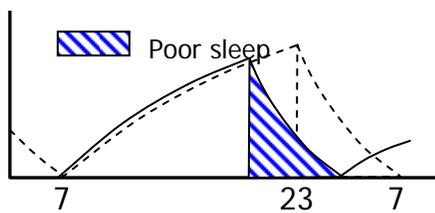
- Alcohol
- Caffeine
- Worries
- Poor sleep environment
- Using your bed for things other than sleep (& sex)

What controls sleep?

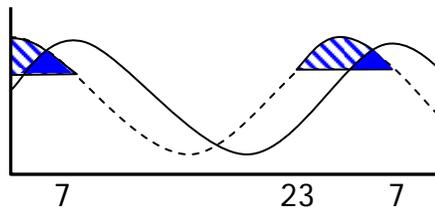


- Your sleep is based on both (1) how long you've been awake, and (2) your biological clock
- Sleep is best when these systems are working together
- You need to be sleepy enough when going to bed in order both to fall asleep quickly and to stay asleep
- You need to sleep at the right biological time in order to sleep deeply
- Often in people with insomnia, one or both of these systems is not working properly

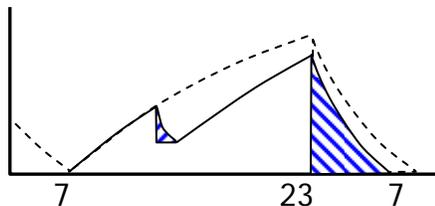
Examples of how sleep can go wrong



- Effect of going to bed too early
 - Leads to insufficient sleep drive to fall asleep quickly and stay asleep until desired wake-up time



- Delayed body clock associated with bipolar disorder
 - Leads to poor sleep when trying to sleep according to "normal" schedule



- Effect of daytime napping
 - Leads to insufficient sleep drive at bedtime

4 "EASY" STEPS TO IMPROVING YOUR SLEEP

1) Reduce your time in bed

- Cutting down time in bed = increasing how long you've been awake out of bed
- This helps increase sleep drive by keeping you awake longer
- NOT decreasing the amount of SLEEP you get, just the amount of AWAKE time in bed
- How long in bed? Sleep time + 30 min. (BUT, never < 7 hr for those with bipolar disorder!!!)

2) Don't go to bed unless you're sleepy

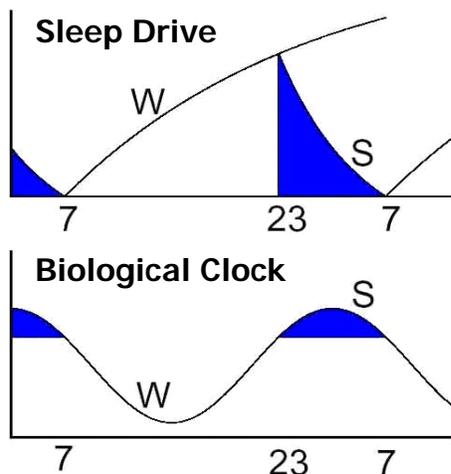
- Helps increase sleep drive by keeping you awake longer
- Going to bed when not sleepy can lead to vicious cycle of frustration – sends your brain the wrong message (*see figure below*)
- BUT, those with bipolar disorder should keep a target bedtime in mind and start a wind-down routine at a regular time
- Don't rely on your medications to make you sleepy (discuss timing of meds with your doctor)

3) Don't stay in bed unless asleep

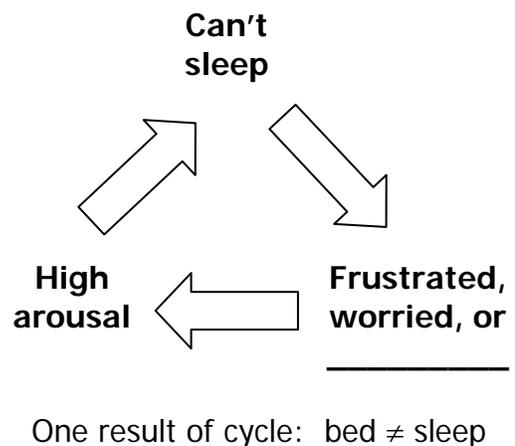
- If awake for more than 30 minutes, get out of bed
- Helps train your brain: Bed = sleep
- Reduces frustration
- Make sure to plan distracting and relaxing activities you can do in low light when you get out bed (see next page)

4) Get up at the same time every day

- Getting up at the same time helps set the biological clock
- Wake-up time (and morning light) is the most important cue for the biological clock
- If you've sleep poorly, getting up at the same time helps you sleep better the next night
- BUT, if you have bipolar disorder, you may need to nap if you have gotten less than 7 hours of sleep (<1 hour in mid-to-late afternoon is best)



Vicious cycle of insomnia



How to calculate your sleep times

Your average bedtime = _____
Your usual out-of-bed time = _____
Usual time in bed = _____
Usual total sleep = _____

Target bedtime = _____
Target out-of-bed time = _____
Target time in bed = _____

- Is your Time in Bed more than your Total Sleep + 30 minutes? (YES or NO)
- If "NO", leave Time in Bed alone
- If "YES", reduce Time in Bed to Total Sleep + 30 minutes, but...
 - Decide what your target Out-of-Bed time is and work back from there to decide your target Bedtime
 - Always make these changes slowly, no more than 30 minutes per day
- EXAMPLE: If Bob wanted to reduce his Time in Bed from to 10 hours to 7 hours by moving his Out-of-Bed time 3 hours earlier from noon to 9 AM, he would do this over 6 days.

Strategies for your bedtime routine

- Start winding down an hour before your desired bedtime
- If you have racing thoughts or worries at bedtime, "schedule" worry for 20-30 minutes AT LEAST an hour before bedtime (*provide instructions on making problem/solution list*)
- Keep lights low
- Keep activities relaxing (warm bath, reading, listening to music, watching soothing TV)
- Avoid conflicts with others

What to do if you can't sleep and have to get up in the night

- Keep lights as dim as possible—no overhead lights
- Do something distracting and relaxing, not too engaging or stimulating
- STAY OFF THE COMPUTER! (too bright, too engaging)
- Watching TV is okay if from a distance and the program is not too stimulating
- If you read, be careful that the lamp is small and not pointed at your eyes
- Your planned activities:
 - 1) _____
 - 2) _____
 - 3) _____

Strategies for getting out of bed on time

- Schedule something that will motivate you to get out of bed
- Place your alarm across the room (or use multiple alarms, with at least one across room)
- Have someone else check to make sure you're up (by phone or in person)
- Splash cold water on face (reduces sleep inertia – "brain fog") – keep a small glass next to bed
- Open shades to let in morning light
- Your planned strategies:
 - 1) _____
 - 2) _____
 - 3) _____