

Good Sleep

Less Brooding at Night

Impulse Session on how to deal effectively with spinning thoughts and practical tips on the topic of healthy sleep





What are we up to today?

Less Brooding – Better Sleep

- Interesting facts about sleep
- Practical tips and suggestions

Above all, we focus on an inner attitude (Detached Mindfulness) that will help you, to

... be able to 'switch off' and calm down better in the evening.

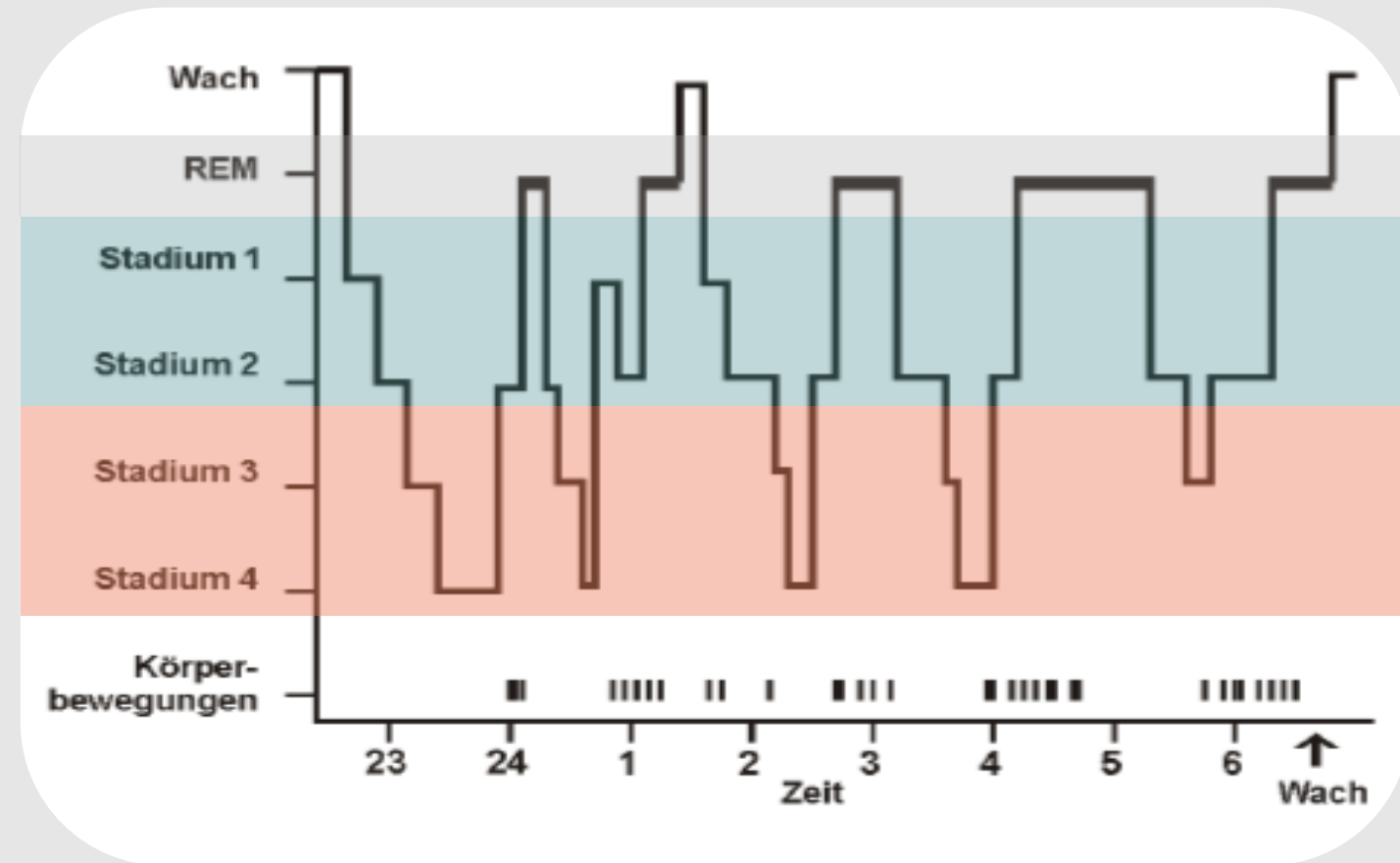
... deal more effectively with internal and external sleep-impairing disturbances.

... get through the following day in a better mood if you have slept badly/not enough.

Sleep - Expectations Regarding Sleep



Worth knowing - Sleep Profile



- light and deep sleep phases
- 4-7 cycles / night
- body movements
- awaking

core sleep (deep sleep & REM sleep)

- 4-5 hours/night in total
- Indispensable in the long term, can be caught up in the following nights

light sleep

- 0-5 hours/night (genetically predetermined)
- is not caught up in the following nights

I have trouble falling asleep when...



When I can't sleep, I think...



Sleep Troublemaker



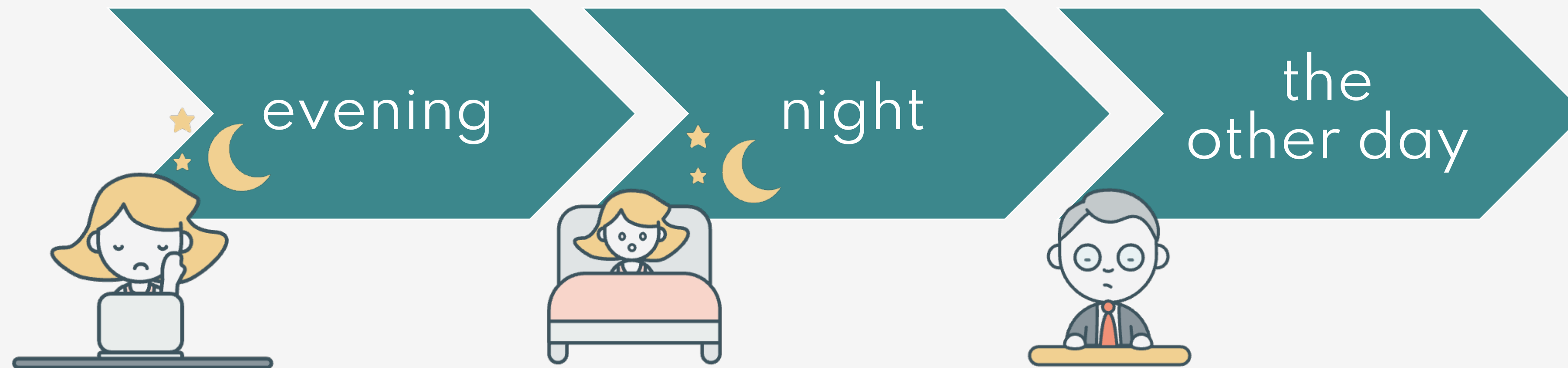
- external disturbances (noise, light, ...)
- physical sensations (tension, hunger, ...)
- thoughts & thought processes

If you suffer from **chronic sleep disorders**, always consult your doctor in order to rule out / clarify

- organic illnesses
- medication
- mental disorders

as the cause and treat them if necessary.

Thinking/Behavioural Habits & Sleep Problems



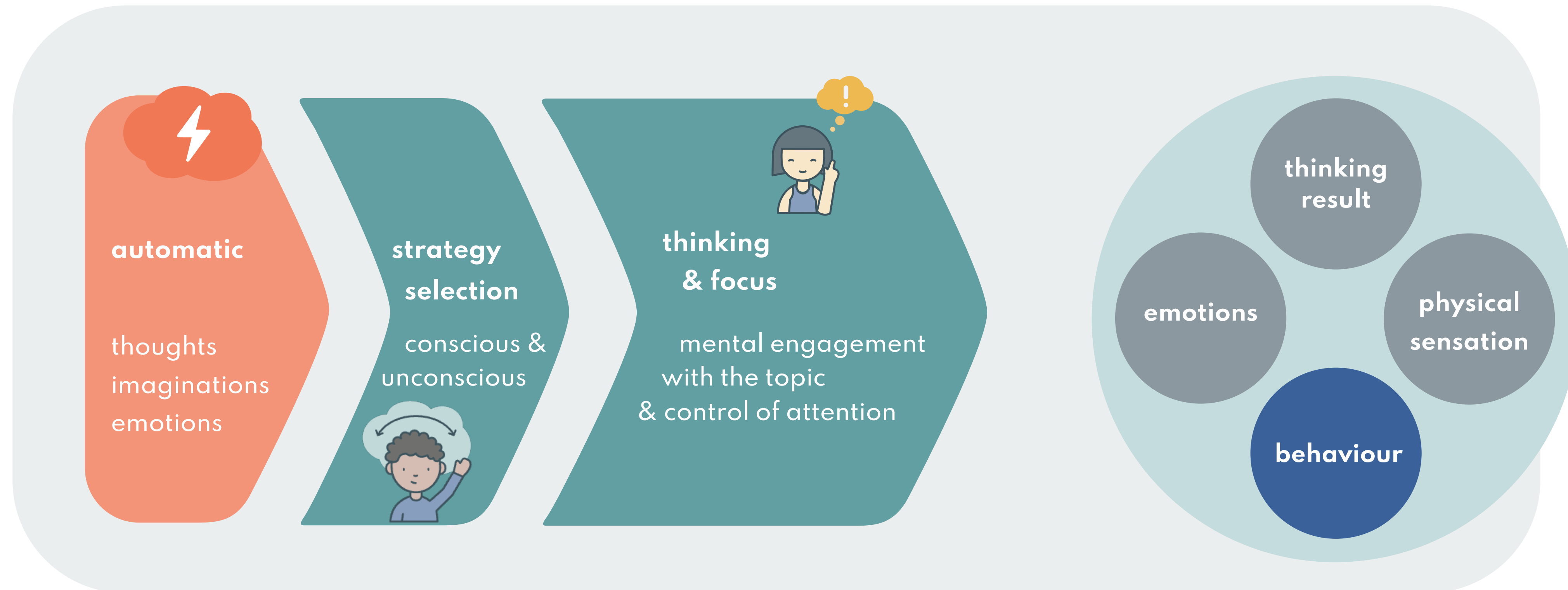
Thinking Offer





Mental Processes

Example



Suppression – Beach Ball Metaphor



Remember:

Trying to suppress something is like trying to push a beach ball under water and keep it there.

Detached Mindfulness



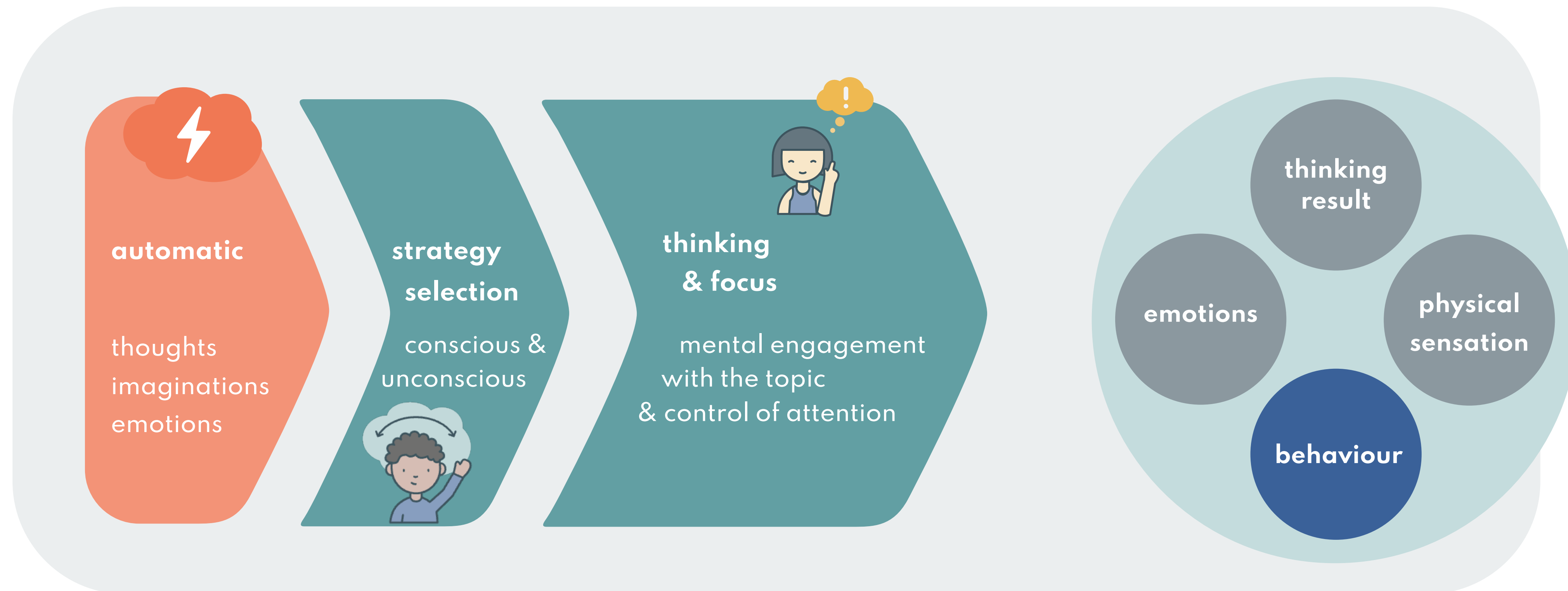
Distanced perception from the observer's perspective

Automatic thoughts are inner events – thinking offers.
They are something other than ‘I’ and the real world!

‘Do-nothing strategy’

No dealing with the perceived inner events,
i.e. no active thinking or action.

Moment of Change: Strategy Selection



Free Association





















What have you observed?

Detached Mindfulness



I do
nothing
with my
thoughts!
Unless I want to.

Remember:

Doing nothing in the sense of detached mindfulness is like your phone is ringing - and you don't answer it.

Practice



Detached Mindfulness and Emotions



Step off
the gas!



Remember:

You can step on the gas or off
the gas when it comes to your
emotions.

You want to sleep better - what can you do?



What helps in the different situations?



mindset: **Detached Mindfulness**

What practical things can I do before going to bed?



- sleep hygiene
- sleep environment
- to-do list 30-60 minutes before going to bed
- everyday planning: brooding/worrying time, evening activities, relaxed bedtime situation and morning routines

What practical things can I do when I'm lying awake?



- get up and do something relaxing
- deal constructively with external disturbances: sleep mask, earplugs
- write down really important thoughts
- postpone brooding/worrying

What practical things can I do the following day?



- get up at the usual time
- no afternoon nap
- everyday planning: Sport during the day / in the early evening
- postpone worries
- eliminate/prevent external disturbances
- Attention Training Technique

Practical Tips - Sleep Hygiene



1. Regular get-up times - even at the weekend
2. No daytime naps or a maximum of 15 minutes
3. Appropriate bedtimes - (only) go to bed when tired, do not stay in bed too long
If you cannot fall asleep at a certain/usual time:
Go to bed and get up 30 minutes earlier or later
4. Pleasant atmosphere
5. No heavy food, caffeine, nicotine, alcohol before going to bed
6. Sport during the day / early evening
7. Bedtime rituals
8. Don't look at the clock at night!
9. Reduce night-time visits to the toilet
10. Do not eat at night



Practical Tips - Sleeping Atmosphere

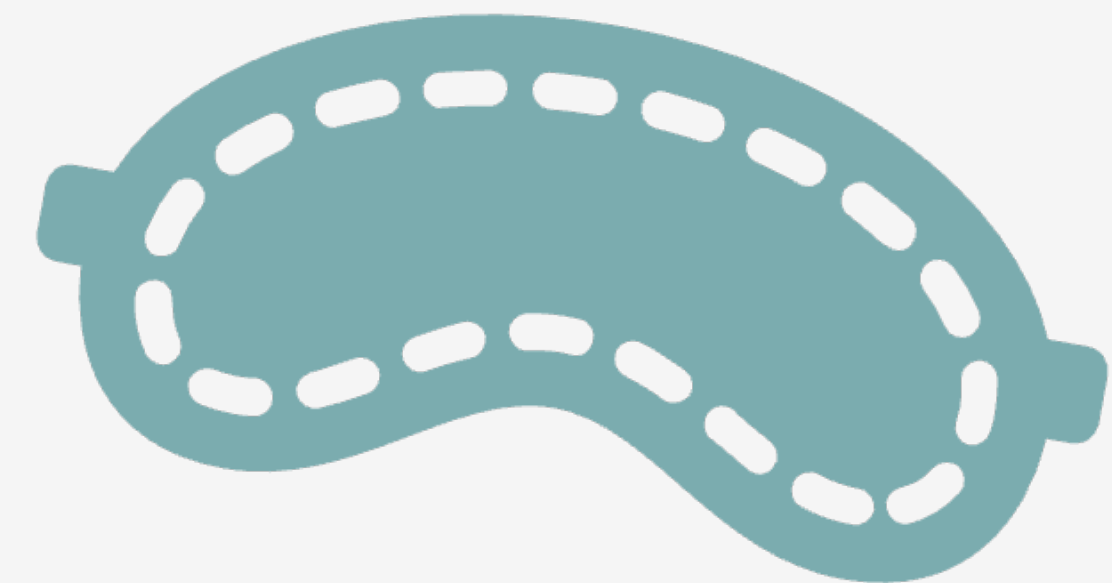


Bedroom

- pleasant temperature in the bedroom (16-18° C)
- quiet, dry, dark
- disturbance-free - everything that upsets/disturbs is removed

Bed

- cosy, safe and secure
- mobile phone-free zone
- laptop, television, tablet etc. not in bed/bedroom
- keep work and relaxation separate



“Thinking Appointment”



Rumination-
Worry-
“Thinking
Appointment”



Note:

I decide when to take time for certain thoughts, so that during this designated ruminating/worrying/anger session I can think about them for a limited period.

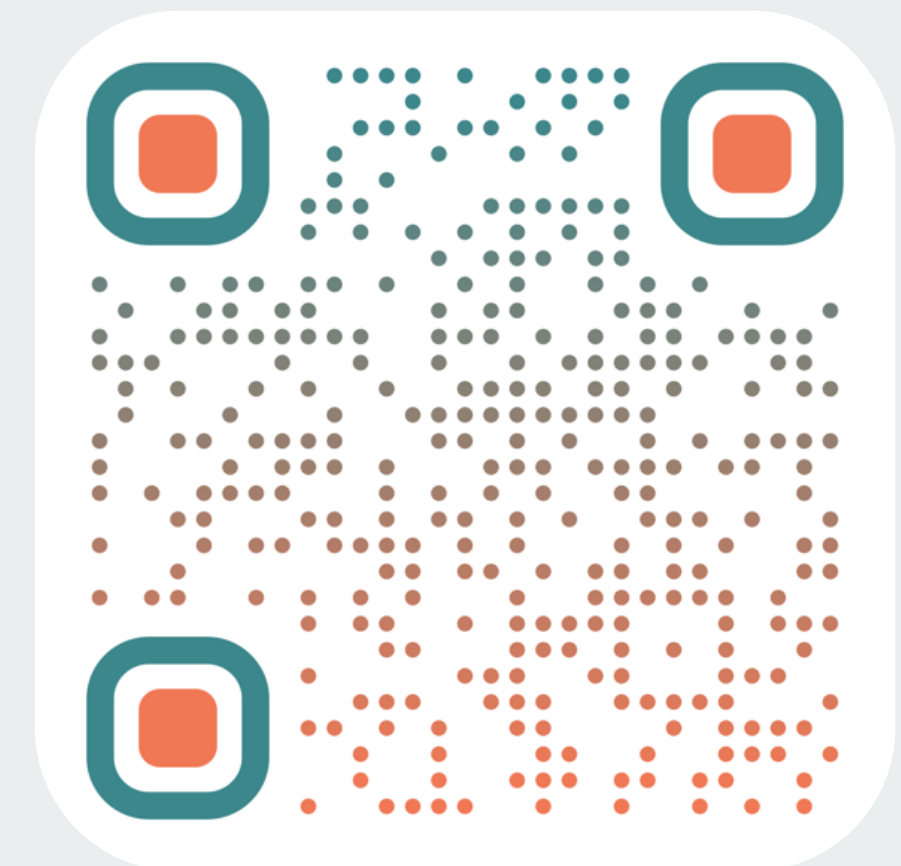


Attention Control



Attention Training Technique

- ability to direct your own attention can be trained like a muscle
- even in an environment with disruptive 'internal and external noise', we can determine which things we focus on
- Attention training:
German version is freely available in the [addisca training app](#).
Pure soundscape for the training can be downloaded from www.addisca.de
(files 3 to 6 are pure soundscape without speaker).
You will get a written instruction for the unguided ATT at the end of this impulse session



Download über
App-Store & Google Play

In everyday life...



**Detached Mindfulness
& Attention Control**

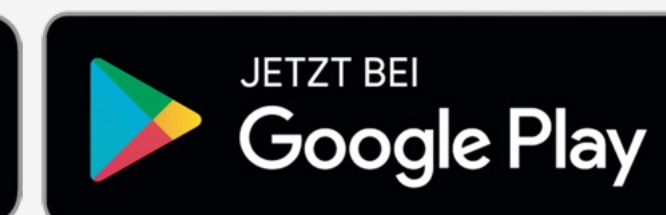
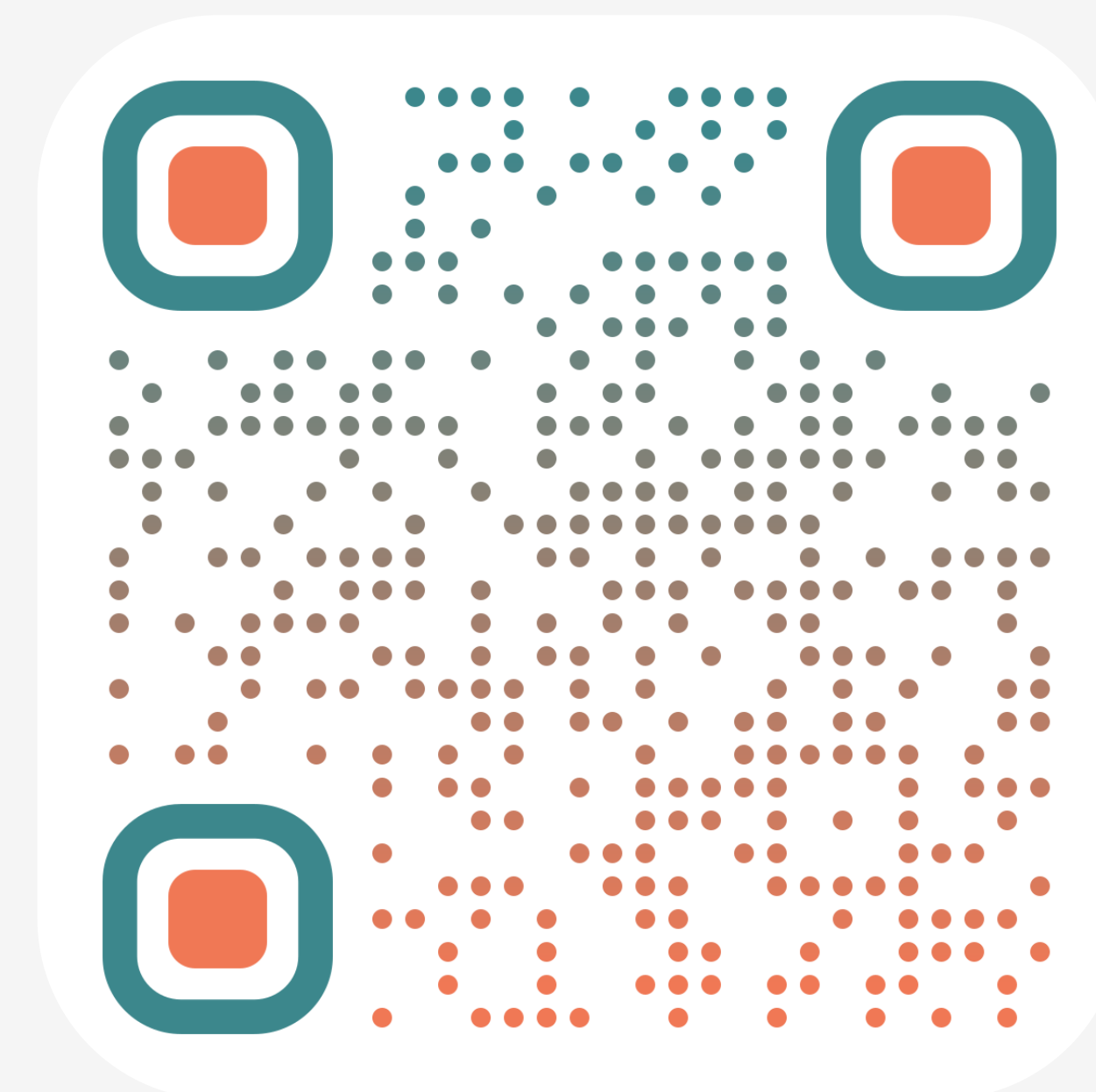
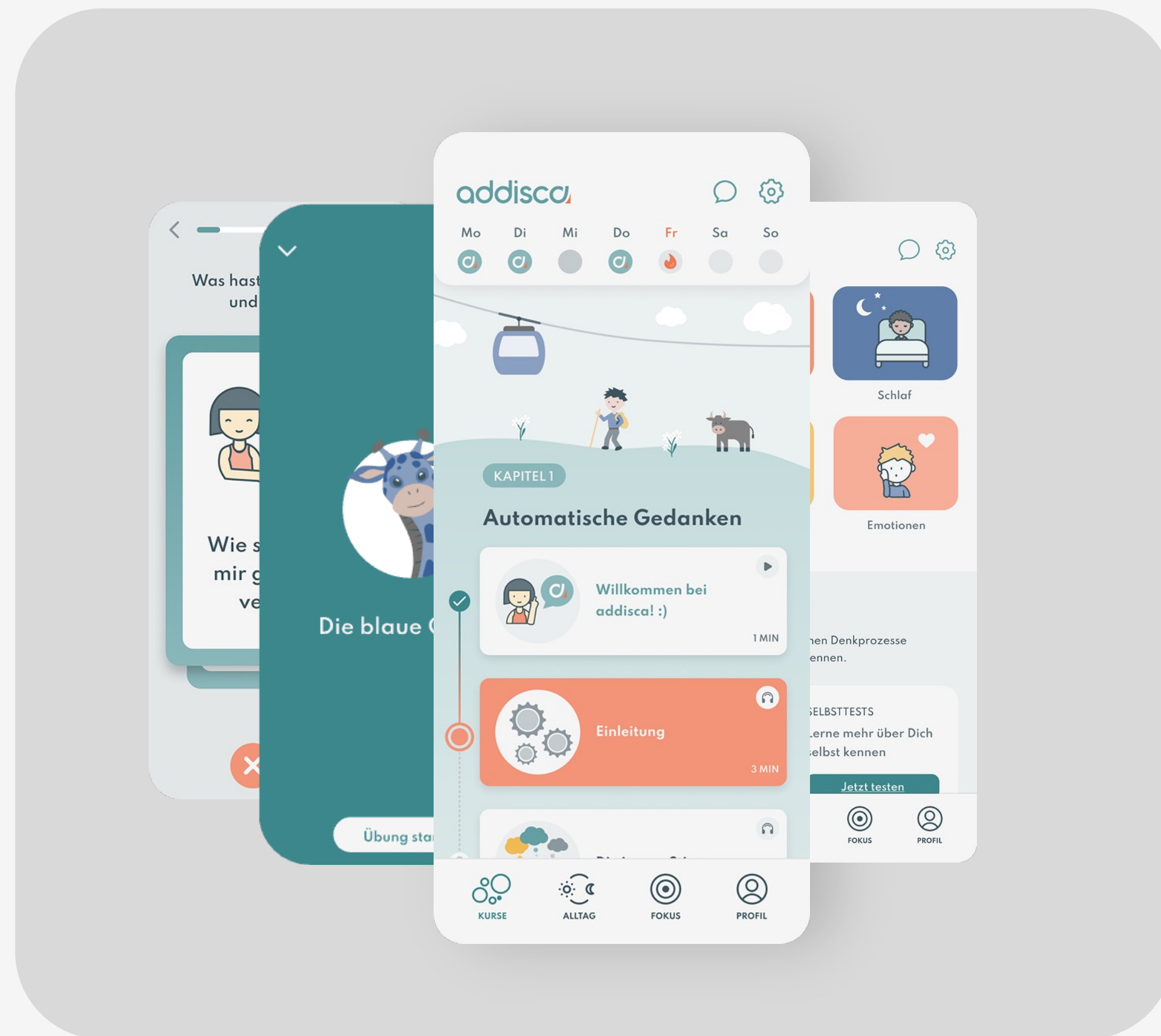
Practical Action

Use your metacognitive skills in conjunction with practical tips to

- ... be able to 'switch off' and calm down better in the evening.
- ... deal more effectively with internal and external sleep-impairing disturbances.
- ... get through the following day in a better mood if you have slept badly/not enough.

addisca App

Currently only available as a German version





In addition: Frequently Asked Questions

FAQ – Alarm Clock



Which **alarm clock** should I use?

- Alarm clocks with ‘warm’ colours are recommended, without blue light, or ‘light alarm clocks’ that imitate the sunrise

FAQ – External Noise



What can I do in case of **noise**?

- Hearing protection: made of wax, foam, customised products

FAQ- Getting up at night



Should I **get up at night** if I can't sleep?

- Yes, if you find yourself tossing and turning sleeplessly, get up and do something relaxing for a while. When you feel sufficiently tired and ready to sleep, go back to bed.

FAQ - Dreaming



If I'm not **dreaming**, is there something wrong with my sleep?

- NO! Everyone dreams - but 10-15% of people cannot remember their dreams. The most vivid memory of dreams is after waking up from a REM phase.

FAQ- Waking up at Night



Is repeated **waking up at night** the same as a sleep disorder?

- NO! Healthy sleep is interrupted between 2 and 7 times by very brief awakenings, typically at the end of a sleep cycle. These awakenings are short-lasting (< 1 min), usually not remembered and they increase with age.

As a rule, the awakening is only remembered if it lasts longer than 4 minutes.
The decisive factor is: Can I fall asleep again after waking up?

FAQ – Midnight



Is it true that **sleep before midnight** is important?

- YES/NO - We need deep sleep and REM sleep for healthy and restorative sleep, and the deep sleep phases that are important for physical recovery occur early after falling asleep, regardless of what time it is.
- However, some studies suggest that people who regularly sleep before midnight are, on average, healthier in some aspects of health than people who regularly sleep well after midnight.
- If possible, however, we should orientate ourselves to our individual need for sleep ('lark' vs. 'owl') and not work against our 'internal clock'.

FAQ – Wake-up Feeling



Does my wake-up feeling say anything about the quality of my sleep?

➤ NO! The feeling of restfulness depends largely on which sleep phase you wake up from:

Waking up from a light sleep phase tends to feel refreshed

Waking up from a deep sleep phase tends to feel exhausted

FAQ – (Power) Nap



Does it make sense to **take a nap** in between **to catch up on missed sleep**?

- NO – The longer we stay awake at a stretch, the greater the sleep pressure in the evening (= goal). **Daytime sleep uses up sleep pressure.**

The reduced sleep pressure is completely reduced in the first nightly sleep cycles. **Consequence: early waking, difficulty sleeping through the night**

- But if **Power Nap** (max. 15-20 min) works and is good for you and is not used to catch up on sleep → 😊

FAQ - Alcohol



Does a glass of wine/beer help with sleep problems?

- NO! In fact, some people get tired from alcohol and report a sleep-inducing effect, **but** after the alcohol has been broken down at night, it is like a micro alcohol withdrawal for the body which activates the stress system (sympathetic nervous system) and thus disrupts the deep sleep and REM phases.
- **Try it out: cut out alcohol for a few weeks.**
Important to know: it can get worse at first - endure!

FAQ- Performance



When should I start to expect a **drop in performance**?

- Objectively recognisable performance losses and increased error frequency occur on average from 2 to 3 nights with less than 4 hours of sleep.

FAQ – Medical Doctor



When should I see a **medical doctor**?

- If you snore heavily
- If you have the feeling that you are struggling for air at night
- If you have very restless legs / nocturnal cramps
- If you fall asleep unintentionally during the day for no apparent reason

In the case of **chronic sleep disorders**, to rule out organic illnesses, side effects of medication and mental illnesses as causes or to treat them additionally.

FAQ – Dealing with Shift Worker Syndrome



Alertness/performance during the night shift can be increased by:

- A daytime nap before the night shift or short periods of sleep during the night shift without interfering with subsequent daytime sleep
- Bright light during the night shift (there are inconsistent effects on subsequent daytime sleep)
- No stimulants or hypnotics!