

PERMANENTE MEDICINE®
The Permanente Medical Group

Sleep

SANTA ROSA MEDICAL CENTER

 **KAISER PERMANENTE**®



Home Practice Review



Review “I”
statements

Loving
self-compassion
check-in



| 3 Steps to Better Sleep



Go to bed only when you are sleepy.

Get out of bed when you can't fall asleep or go back to bed in about 15 minutes.

- Return to bed only when you are sleepy. Repeat this step as often as necessary.

Use the bed or bedroom for sleep and sex only!

- **Do not** watch TV or use a mobile device (cell phone, iPad, kindle, etc.)
- **Do not** listen to the radio/podcasts
- **Do not** eat or read in your bedroom
- **Do not** look at the clock during the night.

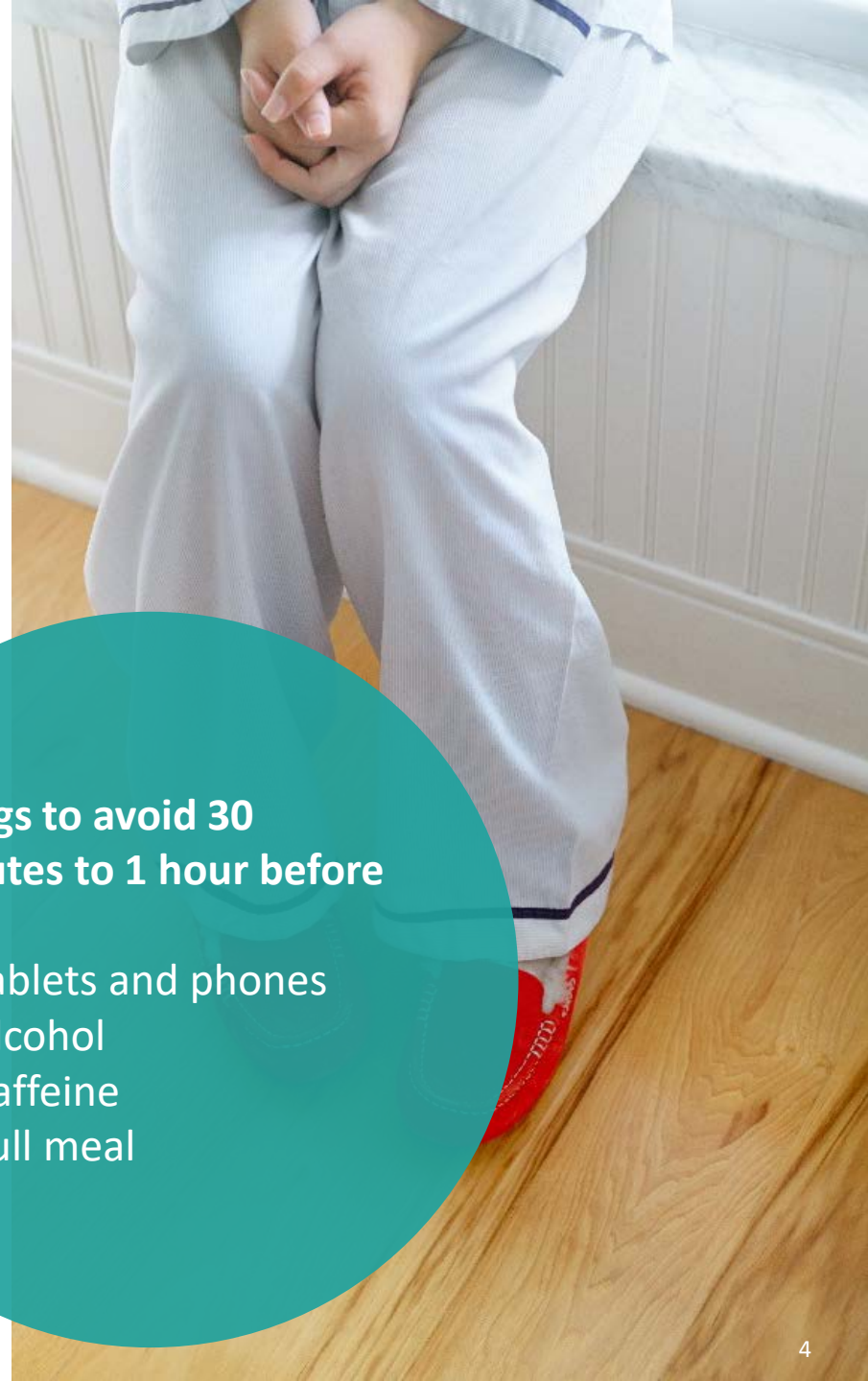
| To Help You Sleep

Things you can do to help your body get ready to sleep:

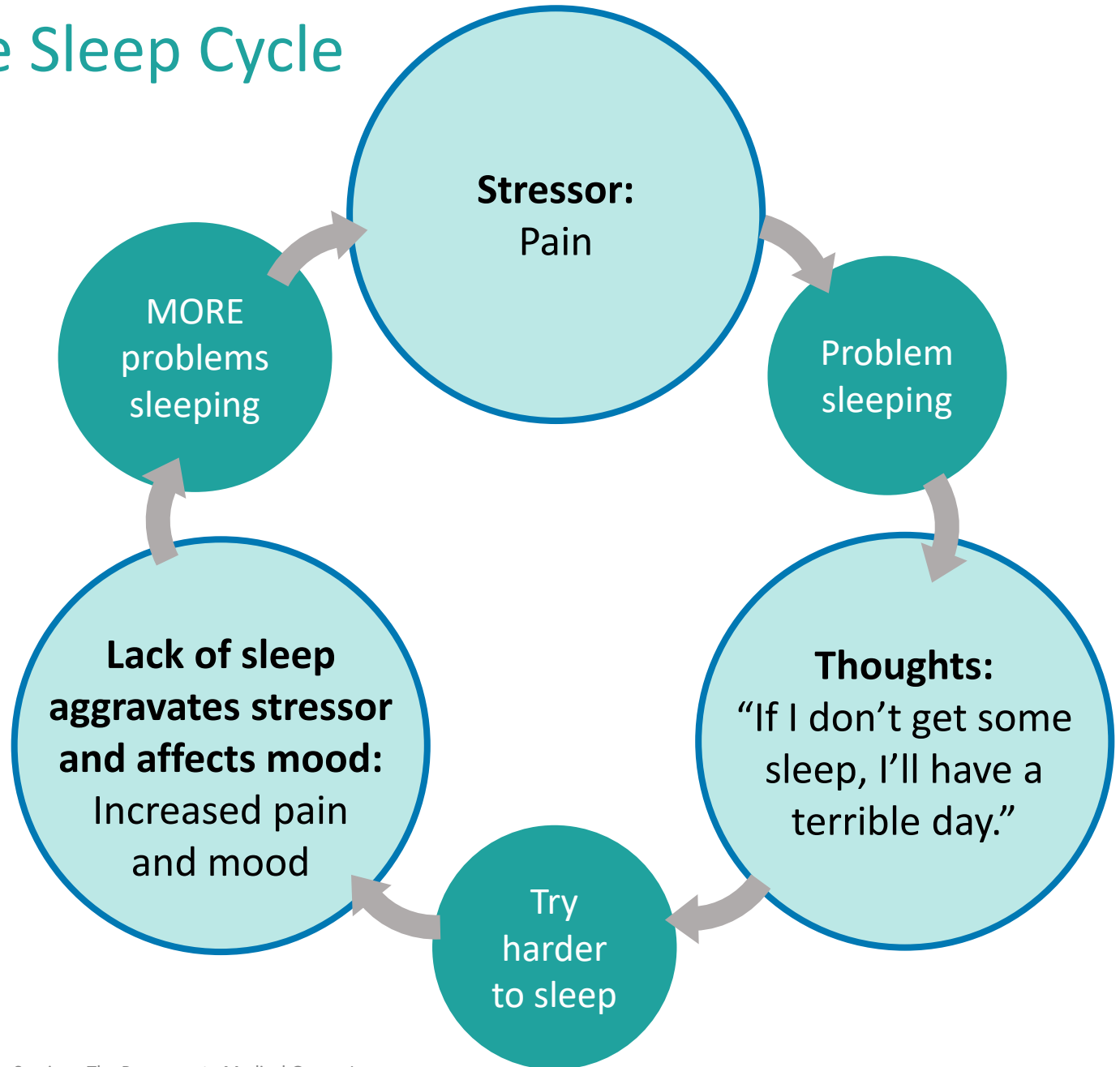
- Comfortable room temperature
- Keep bedroom dark and quiet
- Soothing white noise
- Aromatherapy (lavender)
- Exercise during the day

Things to avoid 30 minutes to 1 hour before bed:

- Tablets and phones
- Alcohol
- Caffeine
- Full meal



Negative Sleep Cycle



Sleep Better Resources

Access Wellness Coaches conveniently by phone

- Schedule an appointment today!
- Call 1-866-251-4514
- Go online to kpdoc.org/wellnesscoaching
- Topics include: Insomnia, Nutrition, Exercise, Stress Reduction, Smoking Cessation

Online resources include:

kpdoc.org/sleep

kpdoc.org/healthfulsleep (podcast)

kp.org/dream

This Week's Goal

- Ties in with this value: _____.
- This week I will _____ (what) _____ (how much) _____ (with whom) _____ (when) _____ (how often).
- My reward for accomplishing my goal will be: _____.
- How confident am I that I can do this? (1 = not at all confident, 10 = very confident):



| Home Practice Preview



Practice
relaxation/mindfulness
meditation

Identify and practice
1-2 sleep habits to
change

