



I can't get no sleep

Change your habits to change your sleep


Who's that Girl?

- Cath Hopkinson
- 34 years teaching
- 18 years Pilates – Mat and now studio equipment
- NHS Pain Management Service (Chronic Pain Service) 8 years
- Taught Pilates, Relaxation and Sleep courses and workshops
- 'Preferred supplier' to Virgin Trains – Sleep and Relaxation sessions.



An hour to sleep... what do we cover?

- What is insomnia
- Causes of insomnia
- The effects of chronic sleep deprivation & chronic stress
- Therapies that may help get a good nights sleep



Insomnia – what is it?



Not just not being able to get to sleep..

- Trouble falling asleep
- Waking up frequently throughout the night
- Having difficulty going back to sleep
- Waking up too early
- Sleep that is not refreshing



What is it?

- Perception or complaint of inadequate nights sleep.
- Inability to fall asleep and stay asleep

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- Do you recognise any of those in
 - Yourself?
 - Family?
 - Clients?



How does it make you feel?

- Extreme tiredness
- Lethargic
- Lack of energy
- Trouble concentrating
- Irritability






Different types of insomnia

- Transient– single night to a few weeks
- Intermittent – occasionally
- Chronic – Most nights and lasts for months or more

- May need to be medically diagnosed Sleep apnoea/narcolepsy




Contributory factors - Lifestyle

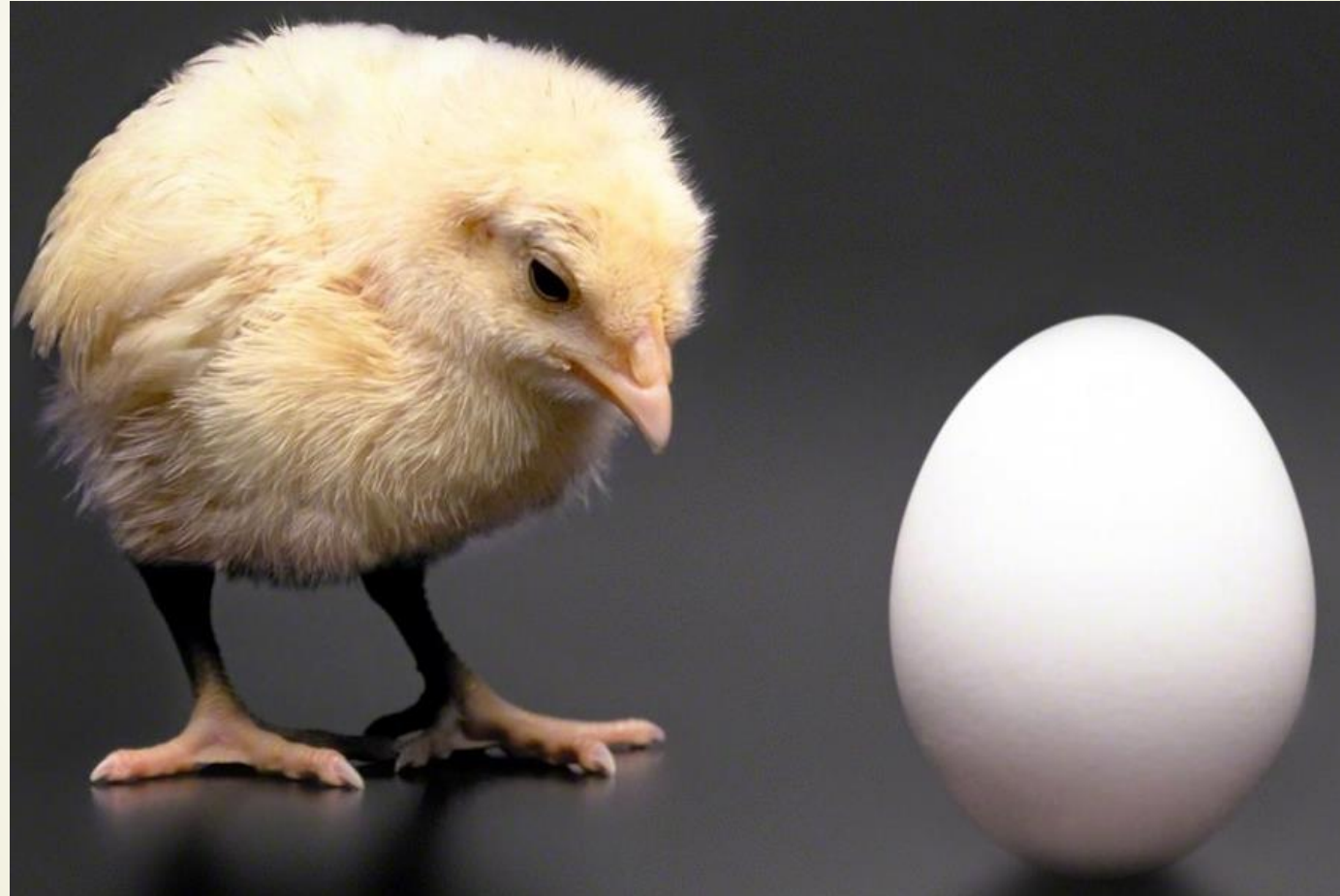
- Caffeine
 - Night time activity
 - Alcohol/other substances
 - Shift work
 - Chronic stress
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Affects some more than others...


- Over 60's
 - Females
 - Concurrent medical problem
 - History of depression
 - Stress, anxiety
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Chicken and egg – which came first?





Insomnia and Chronic Stress affects:


- Some stress is good (like this weekend!)
 - Prolonged stress overworks the adrenal glands
 - Fight or Flight response, but,
 - Can't act on it = STRESS
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My definition of stress...

If someone asked me to do something and I say YES straight away, it probably won't cause me stress.

But if I hesitate, it should be a NO from me as it will more than likely cause me stress!



Have you felt any of these over the last 3 months? **Are you chronically stressed?**

- **Headaches**/jaw clenching
- Teeth grinding
- Stuttering
- **Muscle spasm**
- Dizziness or lightheadedness
- Sweating
- Dry mouth
- Frequent colds or infections
- Unexplained allergy symptoms
- Heartburn or nausea
- **Insomnia**
- **Forgetfulness or confusion**
- **Feeling of being overwhelmed**
- Obsessive or compulsive behaviour
- Low productivity
- Social withdrawal
- Substance abuse
- **General pain and aches**
- Decrease in sexual drive
- Frequent minor illnesses
- Chest Pain or rapid heartbeat




Illness and conditions linked to stress

- Heart Disease
- Asthma
- Obesity
- Diabetes
- Headaches
- Depression and anxiety
- Gut Problems
- Alzheimer's disease
- Accelerated aging
- Premature death



Adjunct therapies to help get a good nights sleep

- Aromatherapy
 - Lavender, Vetiver
 - Meditation or self-hypnosis
 - Journaling – day / gratitude
 - Creating a good pre-sleep routine
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Foods that hinder a good nights sleep

- Alcohol
- Caffeine
- Salt
- Sugar

These are stressors on the body



Do you remember 'supper'?

- Tea / Milk
- Toast / Oat Cake

About $\frac{3}{4}$ or $\frac{1}{2}$ hour before bed



Getting off to sleep

- Routine – establish one!
- Signals – what tells us it's time for bed?
 - Putting the cat out
 - Locking the doors
 - Brushing our teeth



Getting off to sleep 2

- Reading /watching TV in bed
- Frustrated about sleeping
- Lying awake
- Being alone or lonely



The bedroom

- Sleeping and sex!
- Darkness
- Warm bed / cool room
- Quiet
- Bed sharing...
- Internal signals – how your body feels



Breathing for Relaxation

Here is an audio to help you breathe...

<https://youtu.be/QuHhXUSAAAg>

Here is how to breathe for relaxation:

- ▶ Place one hand on your upper chest and one on your stomach, just below your ribs.
- ▶ Breathe in through your mouth or nose for a count of 4; allow your stomach to rise.
- ▶ Pause for a moment.
- ▶ Slowly and evenly breathe out for a count of 6, feeling your stomach sinking.
 - ▶ To slow the out breath right down, breathe through your slightly parted lips as if you were breathing out through a fine drinking straw.
- ▶ Aim for the out-breath being longer than the in-breath.
- ▶ Pause for a moment or two before you take the next breath in.

Find 5-10 mins daily to practice this way of breathing.

AND SO TO BED...



This is a snippet of a 6-hour workshop.

- There is much to being relaxed and breathing
- There is so much more to help relieving stress of body and mind
- We offer a 6-hour workshop that delves into the topic of sleep at a deeper level
- Learn techniques that you can pass on to your sleep-deprived clients as well as your family and friends

Please contact Cath for more details

Contact details:

➤ Cath Hopkinson

➤ cath@experiencewellness.co.uk

➤ www.yourpilatesspace.co.uk

➤ 07941012305

➤ Facebook: www.facebook.com/experiencewellness