

# SESSION 12: Get Enough Sleep



## Welcome and Review (10 minutes)

**SAY:** Welcome back, everyone!

Today, we are going to talk about getting enough sleep.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

**DO:** Briefly summarize previous session.

**DISCUSS:** What questions do you have about our last session?

**SAY:** Let's talk about how things went with the action plan you made last time.

**DISCUSS:** What went well? What didn't go so well?

**SAY:** Now let's talk about how things went with the other things you tried at home.

**DISCUSS:** What went well? What didn't go so well?

## Objectives (2 minutes)

**SAY:** Getting enough sleep can help you manage your weight. Today, we will talk about:

- Why sleep matters
- Some challenges of getting enough sleep and ways to cope with them

Finally, you will make a new action plan.

## Why Sleep Matters (10 minutes)

**SAY:** Let's start by talking about why sleep matters. If you don't get enough sleep, you are more likely to:

- Be drowsy during the day
- Get sick
- Have high blood pressure
- Have trouble thinking, paying attention, and getting things done
- Lose control of your car
- Be depressed
- Eat more/be hungrier
- Have high blood sugar
- Gain weight

**SAY:** Studies show that if you don't get enough sleep, insulin doesn't work as well. Your body doesn't process fat as well. The hormone that stimulates the drive to eat is higher in your blood. And your brain has trouble knowing when you've had enough to eat.

## How to Cope with Challenges (28 minutes)

**SAY:** We've discussed why sleep matters. Now let's talk about some challenges of getting enough sleep and ways to cope with them.

To be at our best, most adults need at least 7 hours of sleep a night and many need 8 hours. Only 26% of Americans get 8 hours of sleep per night and about 1 in 4 Americans say they sleep poorly.

**Let's look at an example. Please turn to "Jenny's Story" in this module's handouts.**

**DO:** Read (or ask a volunteer to read) the story.

**DISCUSS:** How about you? How many of you get less than 7 hours of sleep a night?

**SAY:** Now let's talk about some challenges of getting enough sleep.

**DISCUSS:** What makes it hard for you to get a good night's sleep?

**DO:** Write the challenges on a flip chart or white board, if you are using one.

**SAY:** Now, let's brainstorm.

**DISCUSS:** What are some ways to cope with these challenges?

CHALLENGE	WAYS TO COPE
I stay up too late getting things done.	<input type="checkbox"/> Ask family and friends to help you.
I'm too hot or too cold.	<input type="checkbox"/> If you can't change the temperature, dress for the temperature in your home or use an extra blanket
My bed partner is restless or noisy, or snores	<input type="checkbox"/> Ask your partner to sleep on their side or stomach. <input type="checkbox"/> Use earplugs
There is too much noise	<input type="checkbox"/> Turn on a fan or use earplugs
There's too much light	<input type="checkbox"/> Wear a sleep mask <input type="checkbox"/> Get light-blocking blinds
I keep getting up to use the bathroom	<input type="checkbox"/> Avoid caffeine and alcohol

**SAY:** It's a good idea to follow a bedtime routine that helps you wind down. Try to start a couple of hours before bedtime.

**DISCUSS:** What are some things that might help you unwind?

**SAY:** Some sleep challenges may be a sign of a health problem. If you have any concerns about your health, please tell your healthcare provider.

Ways to unwind include:

- Breathe deeply.
- Dim the lights.
- Stretch.

## Setting goals: Plan for Success (10 minutes)

**SAY:** Please turn to your Action Plan Journal. Review the concept of SMART goals (only if needed).

**SMART goals are: Specific, Measurable, Achievable, Relevant, Time-bound**

## Decide:

**Specific:** What will you do and where will you do it

**Measurable:** How will you know that you met your goal

**Achievable:** Is this something you can do between now and the next session

**Relevant:** Does this relate to your overall goals

**Time-bound:** When, how long and how often will you do it

Give people about 5 minutes to think about and write down SMART goals for diet, physical activity, and stress management/self-care.

**ASK:** Does anyone feel comfortable sharing one of their SMART goals? Then identify each component of SMART or encourage additional editing if components are missing (i.e. if the person says "I will walk three times this week" encourage them to add the where and how long to this to make it more specific and time-bound.

## Summary and Closing

**SAY:** Let's look at "Jenny's Story" on page 3 again. Between now and our next session, please write what makes it hard for you to get a good night's sleep.

I'd also like you to complete "How to Cope with Challenges". Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

Please also complete "Ways to Unwind". Write what helps you unwind at the end of the day.

**DO:** Answer questions as needed.

**SAY:** We have come to the end of our meeting. Today, we discussed how getting enough sleep can help you manage your weight. We talked about:

- Why sleep matters
- Some challenges of getting enough sleep and ways to cope with them

**DISCUSS:** Do you have questions about anything we talked about today?

**SAY:** Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about \_\_\_\_\_.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.