

Sleep 101

Know the Science

Let Sleep Happen

Sleep is an involuntary process that takes place naturally, without effort. It's best to let sleep happen rather than force a change.

Why Sleep is Important

- **Consolidates** new information and skills for memory
- **Regulates** our emotions for mental well-being
- **Detoxifies** our brain
- **Repairs** tissue damage in our body
- **Releases** human growth hormone (HGH) and sex hormones



Did You Know?

Fact-Checking Sleep Myths

True or False: Practicing good sleep hygiene is key to overcoming insomnia.

True or False: Sleep is a skill I need to practice and try harder to maximize.

True or False: I need to have at least 8 hours of sleep every night.

True or False: Insomnia is the same as sleep deprivation.

True or False: Good sleep means I should not wake up in the middle of the night.

All of the above statements are false and unhelpful. Surprised?

Learn more here >

perfecttherapygroup.com/sleep



Insomnia is a significant predictor of depression, anxiety, alcohol abuse, and psychosis?

*Repeated, unsuccessful attempts to sleep end up conditioning our brain to pair undesirable feelings (e.g., anxiety, frustration, anger) and overworking in problem-solving mode with our bed as a place to be wide awake, leaving us **tired and wired**.*

Mental Health Care

The Perfect Therapy Group offers sleep assessment with follow-up sleep improvement strategy recommendations using cognitive behavioral therapy for insomnia (CBT-i).

Give Us a Call
202-952-7105

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Tips & Resources

Helpful Strategies for Insomnia

- Wake up at the same time every day.
- If you can't sleep, stop trying. Get up, do something soothing, and return to bed only when sleepy.
- If you can't shut off your thoughts, get up.
- Engage in problem-solving time before you lie down.
- Don't use your bed for anything other than sleep and sex.
- Avoid daytime naps.

Recommended Sleep Resources

Hello Sleep: The Science and Art of Overcoming Insomnia Without Medications (2023) by sleep psychologist Jade Wu, PhD, DBSM.

- A guide with practical and clinical insights drawn from CBI-i, mindfulness and acceptance-based practice, chronotherapy, and behavioral activation.

Goodnight Mind: Turn Off Your Noisy Thoughts and Get a Good Night's Sleep (2013) by sleep psychologists Colleen Carney, PhD and Rachel Manber, PhD.

- A helpful book addressing the problem of arousal and what we can do to let go of our sleep-related anxiety and to strengthen our sleep drive.

American Academy of Sleep Medicine (AASM)

- This organization provides accurate information to help you understand the treatment options for sleep disorders

Keep In Mind

An occasional bad night of sleep is normal. If you have trouble with sleep (e.g., falling or staying asleep) more than half the time for a few months, ask for a check-up with a provider.

References

Manber, R., & Carney, C. E. (2015). *Treatment plans and interventions for insomnia: a case formulation approach*. Guilford Publications.

Wu, J. (2023). *Hello Sleep: The Science and Art of Overcoming Insomnia Without Medications*. St. Martin's Essentials.

