

WEEK 5

Build Social Support

Continue tracking your sleep.
Continue changes that are helping you sleep.

Week 5 will help you strengthen the habits you have developed since starting this program. You will learn tools to communicate with others to avoid and manage conflicts.

Reminders

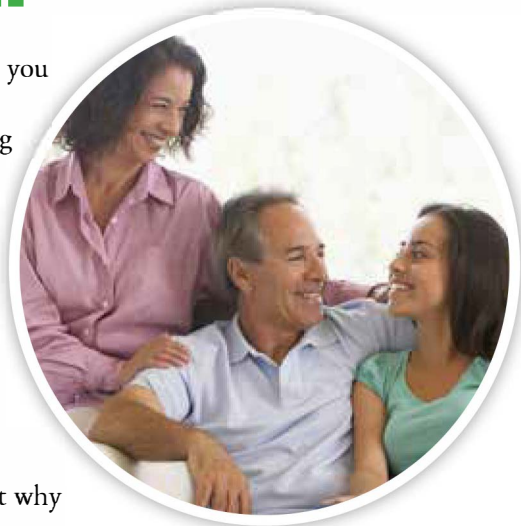
- Do regular physical activity.
- Keep your bed reserved for sleep and sex.
- Go to bed and wake up at the same times every day.
- Leave the bed if you cannot sleep after 15 minutes.
- Practice relaxation techniques during the day and before bed.

WEEK 5: *Build Social Support*

Strengthen Your Home Team

Discuss your sleep needs with people you live with. They need to understand your schedule and what you are doing to improve your sleep.

- Post a calendar with your work schedule.
- Include your sleeping hours on the calendar.
- Share what you have learned about creating a healthy sleep environment.
- Share what you have learned about why sleep is important.
- Explain why you are making changes to your routines.
- Agree upon a plan for noise and light levels in the house during your sleep hours (especially if you are sleeping during daylight hours).
- Ask for help if you need it to do household chores like cleaning, grocery shopping, and getting kids ready for school. Agree upon tasks and post a schedule where everyone can see it.
- Schedule deliveries, repairs, and appointments during times you plan on being awake.



Plan ahead as much as possible. Write out a plan that includes your schedule and the schedule of those in your household. This will help you see if and when you need help and give you time to plan for it. Planning ahead can help reduce anxiety and last-minute scrambling to cover tasks.

Show You Care

Plan blocks of time to be with family and friends. Plan moments of closeness with your partner and/or children.

- Eat meals together.
- Do physical activities together. Walk after dinner. Go to a park as a couple or as a family.
- Play board games together.
- Let your kids know about your job and what you do. Ask them about their day and their interests.
- Help your kids with their homework. Tuck them into bed.

How I will show my care for my family and friends this week:

Stay Connected in the “Real World”

Connect with people in person, by phone, video/web-chat, or other interactive methods. These conversations can be more meaningful and fulfilling than text messages. Texting can be used to ask short questions or to relay simple information. But, texting isn’t talking and does not reveal body language, tone of voice, or emotions very well. Conversations through texts or emails can be misinterpreted. This can cause anxiety, confusion, and loneliness.

- Have important conversations in person or over the phone.
- Show affection with your voice and physical actions.
- Use texts for short information (e.g. confirm that your child is home from school or let your partner know you need something from the store).

Reflect & Review

Two ways I plan to strengthen my home team:

People who know that I am trying to improve my sleep and ways they support my change:

Discuss Your Sleep Needs with Your Sleep Partner

If you have a sleep partner, let him or her know what you are doing to improve your sleep.

DO explain why this is important to you.

DO tell him or her that you may be getting up and leaving the room during the night. State what you are doing to avoid concern during the night.

DO share your strategy to improve your sleep.

DO discuss your bedtimes and wake times. These times may seem unusual. Explain that you are working at improving your sleep.

DO NOT expect your partner to do what you are doing or follow your new sleep schedule.

Manage Conflicts

Even with your best efforts to discuss what you are doing and why, conflicts may arise. You will need to manage conflicts to keep your sleep plan on track.

Saboteurs. Do not expect everyone to be happy that you are following a different schedule and making changes to your sleep environment. What you are doing may seem confusing to someone else. Use assertive communication to address issues.

Be Assertive

Passive

- You lack expression for yourself.
- You do not stand up for your rights and needs.

Result: You usually do not achieve your goal.

Aggressive

- You stand up for your rights and needs, but at the expense of someone else.

Result: You usually put down or hurt someone else. You gain no respect.

Assertive

- You stand up for your rights and needs without putting down or hurting someone else.
- You increase the chance of achieving your goals.
- You express your feelings without becoming victim to them.

Result: You build self-respect and feel good about yourself.

Example: Your partner wants to watch TV in the bedroom while you are trying to fall asleep.

Passive Response

"Go ahead and watch what you like. I don't mind."

Aggressive Response

"I can't believe you're watching TV when I am trying to sleep. You know how tired I am!"

Assertive Response

"I know you enjoy watching TV before you go to bed. For me, having the TV on makes it difficult to fall asleep. Could you watch TV in another room, so I can fall asleep easier?"

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What Assertive Looks Like

Body Posture: Be relaxed and natural. Avoid slouching, putting your hands in your pockets, and facing away from the person you are speaking with.

Eye Contact: Good eye contact is vital to convey self-confidence and interest. Don't stare at the other person; this comes across as a challenge.

Voice, Tone, and Quality: Use a strong, varied tone. Speak clearly and firmly. Don't shout or speak too softly. Don't whine.

Distance from the Person: Don't position yourself too far or too close.

Facial Expression: Let your face convey the same message as what you are saying.

Content: Use short sentences. Be specific, clear, and firm.

Practice First

Plan or write down what you want to say. Have responses ready ahead of time to deal with questions and comments. Reinforce your remarks by saying what positive outcomes will occur for you and the other person. Practice in front of a mirror or with a friend.



BENEFITS OF BEING ASSERTIVE

- You can feel comfortable saying "no."
- You have more confidence to ask others for help.
- You gain more respect from others.
- You feel less angry with yourself and with others.
- You feel justified to say what you want to say.
- You feel comfortable to request clarification.
- You accept compliments graciously.
- You can change your mind without feeling guilty.

Use the L.A.D.D.E.R. Technique

This is a step-by-step way to be more assertive.

Look at your needs, wants, rights, and feelings about the situation.

Arrange a meeting that is convenient for you and the other person to talk.

Define the problem or issue clearly to the other person.

Describe your feelings using "I messages." I messages let you take charge of your feelings.

Express your needs and desires in an assertive manner using a few clear sentences. Be aware of your eye contact, hand gestures, posture, voice and facial expression.

Reinforce your remarks by saying what positive outcomes will occur for you and the other person.

Example:

L – I wish my partner would help with household chores so I don't stay up so late at night finishing what needs to get done.

A – I'll plan to talk with him or her after dinner tomorrow.

D – Tell your partner, "When I stay up late doing household chores, I do not get enough sleep at night. I don't have enough energy to be alert and productive at work the next day."

D – "I feel I could get more sleep with your help."

E – "I would like to divvy up household to-dos between us. I know we are each better at different tasks.

R – "This change would help me get more sleep at night and I will have more energy when we spend time together."

Create Self-Enhancing Feelings

Take responsibility for your thoughts, feelings, and actions. You will feel better about yourself and your life. Blaming others is a natural, child-like reaction. It is more adult-like to figure out the amount of control you have in a given situation and respond to it in a mature way. You may not have control in every situation, but you can choose how you respond to others.



One reason to become more accountable for your responses is that a “victim” response forms negative, draining feelings. Self-responsibility creates positive energy. With it you can manage every event in a more positive, self-nurturing manner. One way to do this is to look at your language and see if you use “victim” or “accountability” phrases.

Example “victim” phrase:

I can’t improve my sleep until my boss gives me a better work shift.

Example “accountability” phrase:

I can schedule a meeting with my boss to discuss my shift and my sleep needs.

The Power of a Phrase

Fill in the blank after the victim phrase with something you have caught yourself saying or are feeling right now. In the second column, use an accountability phrase to re-write this statement.

Victim Phrase	Drained Feeling	Accountability Phrase	In Power Feeling
I can’t...	<i>Defeated</i>	I can...	<i>Confident</i>
It’s useless...	<i>Hopeless</i>	There’s always a chance...	<i>Hopeful</i>
I have to...	<i>Obligated</i>	I choose to...	<i>Decisive</i>
Why am I always the one who...	<i>Burdened</i>	I’ll be the one who...	<i>Secure</i>

Review & Prepare

Look at your pattern of sleep over the past week. Compare it to your sleep patterns during the previous weeks. Beyond Week 6, continue to reflect on a weekly basis. Notice when your sleep quality is slipping. Make changes as soon as you notice this.

I fall asleep more quickly now.

- ☐ Yes
☐ No

I have more daytime energy.

- ☐ Yes
☐ No

I wake up fewer times during the night.

- ☐ Yes
☐ No

If or when I do wake up, I am able to fall asleep again more quickly.

- ☐ Yes
☐ No

Ways I have discussed my sleep goals with the people I live with:

How I will approach a conflict (or have already dealt with one):

Are you ready for another week of attention to your sleep?

- ☐ Yes
☐ No

Shift Your Bedtime Again

Do you feel you are now sleeping most or all of the time you are in bed? Continue to shift your bedtime back by 15 minutes each week until you are satisfied with your energy during the day. Remember, only make a shift when your sleep quality is high.

Example Bedtime Shift

First bedtime set:	12:00 a.m.
First shifted bedtime:	11:45 p.m.
Second shifted bedtime:	11:30 p.m.
New bedtime for this coming week:	11:15 p.m.

My Bedtime Shift

First bedtime I set:	
My first shifted bedtime:	
My second shifted bedtime:	
Evaluation of my sleep trends:	
My new bedtime for this coming week:	