The Better Sleep Workshop Series

Session 1

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Hello!

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About This Workshop

Is

- Educational
- Skills-based
- Evidence-informed

Not

- Therapy
- A sleep study
- Quick-fix

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Group Norms and Safety

- Confidentiality and respect
- Share only what feels comfortable, passes welcome
- Cameras on/off are both okay
- Take care of your body as needed

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Participation

- Speak aloud
- Raise your hand
- Use the chat function
- Reflect quietly
- Ask questions during the Q&A

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Check-In

If you feel comfortable, please share your name and one word that describes how your sleep has been lately.

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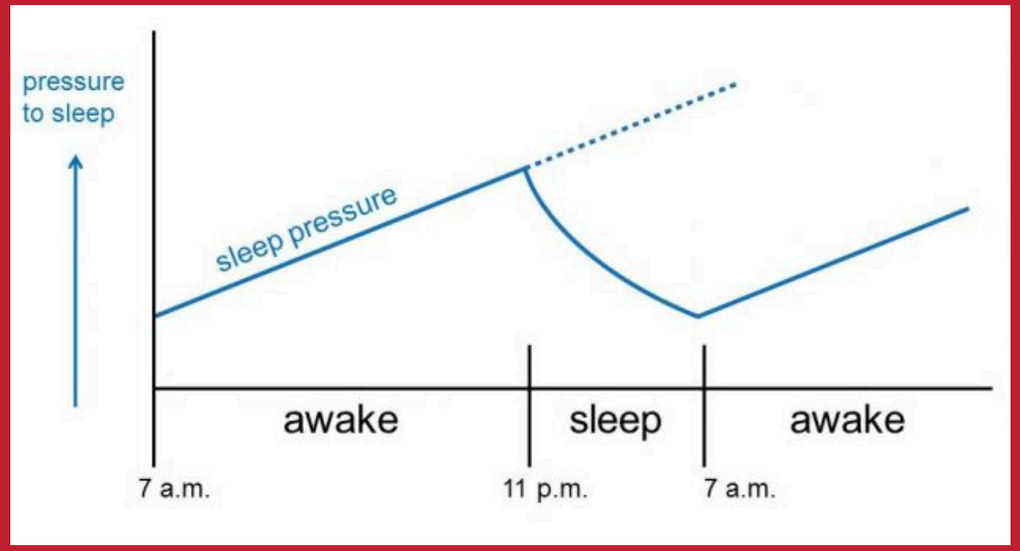
Sleep Drive

- Builds the longer you are awake
- Resets with sleep
- Stronger = easier to fall asleep



(CDC)

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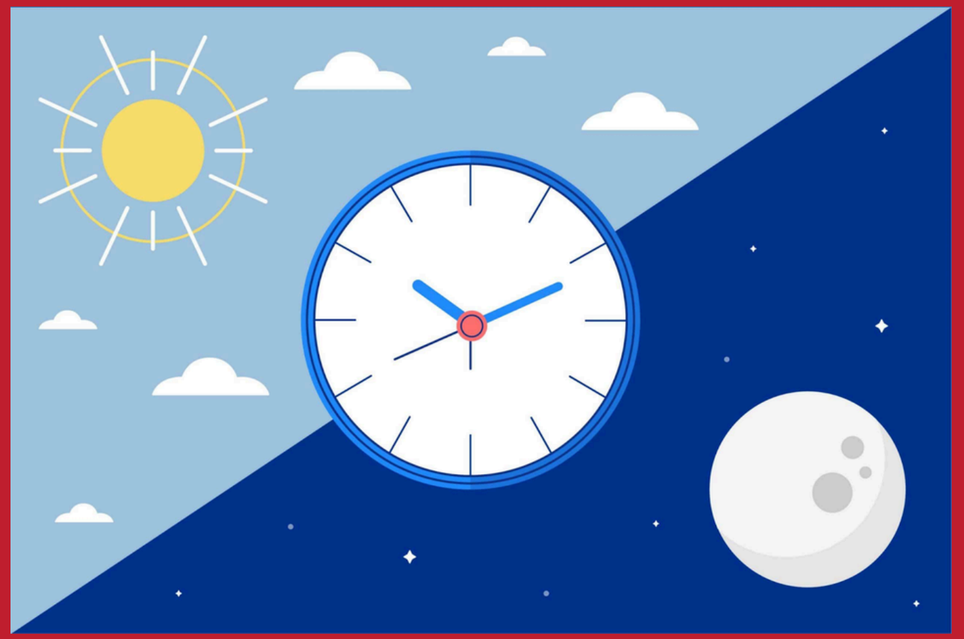
Circadian Rhythm

- Regulates alertness and sleepiness
- Influenced by light and routine
- Consistency is key



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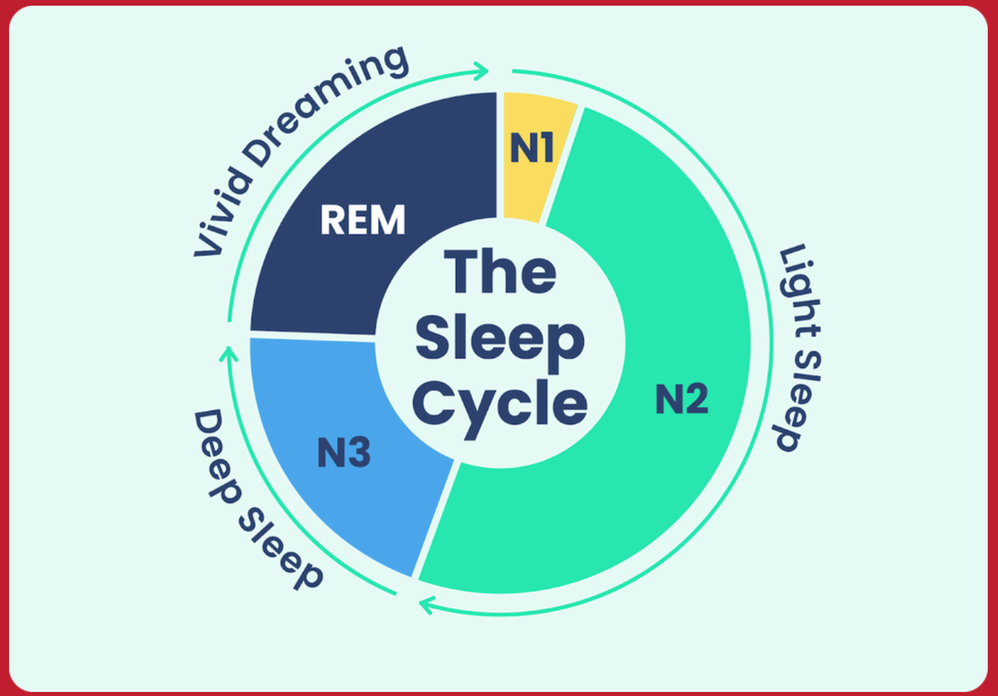
“Normal” Sleep

- Sleep comes in cycles
- Brief awakenings are normal
- Sleep cycles: N1, N2, N3, REM



(sleepfoundation.org)

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Insomnia can look like...

- Trouble falling asleep
- Waking during the night
- Waking too early
- Feeling unrefreshed

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Reflection

What patterns have you noticed when your sleep becomes more difficult?

ie. Thoughts, behaviours, timing, and/or environment

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A Brief Practice

- Cameras on/off
- Eyes open or closed

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Optional Carry Forward Task

- Track sleep using a simple sleep diary
- Notice 1-2 patterns that stand out
  - Bedtime/wakeup times
  - How rested you feel
  - Anything that stands out

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Sleep Diary Example

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Day	Bedtime	Wake up time	Restfulness (1-10)
Monday			
Tuesday			
Wednesday			

Thank you!

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Next Sessions
February 26 & March 5 at 7:00pm

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