

Stimulus Control Therapy of Insomnia

GOAL: To associate the act of going to bed with restful sleep.

1. Do not eat, drink, read, work, listen to music or watch TV in the bedroom.
2. No caffeine at least 6 hours before bedtime.
3. Exercise regularly, but no exercise at least 4 hours prior to going to bed.
4. Avoid daytime napping.
5. Wake up at a fixed time (6 or 7am) 7 days a week.
6. Do not go to bed until you are tired.
7. After going to bed, do not stay in bed if you remain awake for more than 10 minutes
8. If you are unable to sleep after 10 minutes in bed, get out of bed and leave the bedroom. You may consider some relaxing activity such as reading, listening to music, etc. in another room.
9. You can expect to be tired during the day during the initial phase of this treatment approach.

Abdominal Breathing Exercise

From "The Anxiety and Phobia Workbook" by Edmund Bourne

This is a skill that must be practiced. Try this daily for 10-20 minutes as well as during periods of anxiety.

1. Place one hand on your upper abdomen, right below your right cage.
2. Inhale slowly and deeply through your nose into the "bottom" of your lungs.
3. Pause for a moment, then exhale slowly
4. Take 10 slow abdominal breaths, keeping your breaths smooth and regular. It may help to slow your breathing by counting to four (1 – 2 – 3 – 4) as you exhale. Pause briefly at the end of each inhalation and exhalation. If you begin to feel lightheaded, take a 20 second break before resuming your breathing exercise.
5. Five minutes of abdominal breathing done correctly will have a profound effect on reducing anxiety and early symptoms of panic.

Behavioral Activation Worksheet

Step 1: List 3 activities you commonly use to cope with feeling depressed.

Put a + (plus) sign next to the activity if it makes you feel better

Put a - (minus) sign next to the activity if it makes you feel worse

Put a ● (dot) next to the activity if it has a neutral effect

Step 2: Complete the following **Activity & Mood Worksheet**. Rate your activity, the associated feelings, and the intensity of the feelings on a 1-10 scale with 10 being very intense every hour. *Example: 12:00 Noon. Ate lunch in cafeteria. Felt anxious (9).*

Date	Time	Activity	Mood	1-10
	8 AM			
	9 AM			
	10 AM			
	11 AM			
	12 Noon			
	1 PM			
	2 PM			
	3 PM			
	4 PM			
	5 PM			
	6 PM			
	7 PM			
	8 PM			

Step 3: Review the Activity & Mood worksheet. Find one activity that made you feel depressed. Note the time of day, activity, current behavior & list as many alternative behaviors that may help to improve your mood. *Example: Time of Day: 7PM / Activity: Watch TV / Current Behavior: Felt depressed (9) / Alternative Behaviors: go for a walk, call friend or family member, clean the house, check e-mail, read newspaper.*

Time of Day: _____ Activity: _____

Current Behavior: _____ Alternative Behaviors: _____

Step 4: Select alternative behaviors and schedule them into your day.

Step 5: Try the new alternative behavior and document its effect on your Activity and Mood Worksheet

Recommended Reading: "Overcoming Depression One Step at a Time" by Michael Addis & Christopher Martell