

Sleep Restriction

Sleep restriction is an effective technique for treating insomnia. The aim of sleep restriction is to ensure that the time you spend in bed is actually devoted to sleeping – rather than spending time in bed awake, thinking, or worrying about not sleeping. Sleep restriction works by initially creating a mild sleep deprivation. Sleep happens naturally when we are tired (as long as our conscious mind does not get in the way), and so mild sleep deprivation promotes the onset of sleep, and increases the quality of the sleep that we get, in time it allows us to increase the amount of sleep that we get.



Sleep restriction aims to increase your **sleep efficiency**.

- Time that you spend **asleep in bed** is considered **efficient**
- Time that you spend **awake in bed** is considered **inefficient**

$$\text{Sleep efficiency} = \frac{\text{Time asleep}}{\text{Time in bed}} \times 100$$

For example:
6 hours asleep / 8 hours in bed = 75% sleep efficiency
9 hours asleep / 10 hours in bed = 90% sleep efficiency

Sleep Restriction instructions

1. Keep a sleep diary for a normal week

This will give you a baseline measure of your sleep. You will need to record:

- Time you went to bed
- Time you got up
- Number of hours of sleep

2. Calculate your 'average total sleep time' (ATST)

This is the average number of hours you slept per night.

Add up the total hours of sleep you got in the past week, then divide the answer by 7.

3. Now restrict the time you spend in bed each night to your ATST

To do this you will need to:

- Decide what time you want to get up
- Go to bed ATST-hours before then
- Do not go to bed any earlier – even if you feel tired

Getting up time Going to bed time
e.g. 7.00am e.g. 7.00am – 6 hours = 1.00am

4. Monitor your sleep efficiency

Continue to keep a sleep diary so that you can keep track of your sleep efficiency

You should be aiming for 90% sleep efficiency

5. Follow the rules to increase your total amount of sleep

Once you consistently reach 90% sleep efficiency allow yourself 15 minutes extra in bed by going to bed 15 minutes earlier

General rules

- Stick to your new schedule 7 nights per week – do not make exceptions or you will reduce the effectiveness of the technique
- You must not allow any sleep outside your set hours – no napping!
- The minimum amount of sleep that you should be aiming for is 5 hours

Warning

- When you attempt sleep restriction **you should expect to be tired to begin with** – you should take this into account if you drive or operate machinery
- Some people find it easier to begin implementing sleep restriction while they are on holiday (rather than being tired for work)

Sleep Gb

Lei Shi



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The Practice of Chinese Medicine E-Book Giovanni Maciocia, Sebastian Maciocia, 2021-04-21 Use Traditional Chinese Medicine in diagnosing and treating disease Maciocia's *The Practice of Chinese Medicine* 3rd Edition describes how to apply TCM theory to the diagnosis and treatment of disorders and conditions frequently encountered in practice Covering common chronic and acute conditions Maciocia's provides guidelines to treatment with both acupuncture and Chinese herbs Case studies offer real world insights into determining effective treatment care From an expert team of editors who were close to the late Giovanni Maciocia and who practice the Maciocia way this practical illustrated text makes it easier to apply TCM in Western medical practice Coverage of Traditional Chinese Medicine includes the diagnosis and treatment of 48 common diseases conditions and disorders Discussion of aetiology pathology and differential diagnoses according to TCM is provided for each disease condition and disorder UNIQUE Summaries of Western differential diagnoses provide alternative treatment options Coverage of treatments includes acupuncture and herbs with explanations of choices Reviews of clinical trials and modern Chinese literature report the experience of noted doctors of Chinese medicine Practical appendices include Identification of Patterns According to the Six Stages the Four Levels and the Three Burners Prescriptions and Suggested Substitutions of Chinese Herbs English Pinyin Glossary of Chinese Terms is included NEW and UNIQUE Clinical Tips provide practical guidelines to diagnosing and treating diseases NEW and UNIQUE Red Flags list symptoms that may necessitate a referral to a Western physician NEW Updated clinical trials and references are added NEW Updated Western differential diagnosis sections are added NEW discussion on sexuality in Chinese medicine is added NEW Additional tongue photos aid in diagnosing diseases based on Chinese medicine protocols NEW Updated full color photos are added NEW Four new appendices are added for a total of 10 appendices NEW Reorganization of material provides easier access to key topics

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