

## **RELAXATION FOR SLEEP MP3 RECORDING**

### **Better sleep in only 19 minutes a day!**

The Relaxation for Sleep Recording contains a 19-minute procedure designed to promote calmness and quiet sleep. The RECORDING can also be used to reduce general mental and physical tension and feelings of anxiety. During the relaxation procedure a conditioning process (a type of learning) gradually takes place. Each time you listen to the RECORDING this conditioned or learned relaxation response is strengthened. This is a very useful because the relaxation response can be called upon, not only at bedtime, but in many other situations to promote a calming effect. For people suffering from anxiety this can provide a simple way of helping to control and reduce negative symptoms.

The RECORDING begins by asking you to lie down in a comfortable position, preferably in bed, if the main aim is to promote calmness for sleep. You are asked to become aware of your breathing in and breathing out and to breathe normally. Instructions follow about releasing tension in small amounts from the various muscles of your body, in coordination with breathing out. You are asked to imagine that the tension being breathed away from your muscles is like the air being breathed out of your lungs and away from your body.

Music especially composed by Mr. Adam Elkman has been woven into the background of the spoken instructions on the RECORDING to promote very deep relaxation.

Prof. Gerard Kennedy's 25 plus years of clinical experience in treating insomnia and other sleep disorders has shown that the relaxation procedure on this RECORDING is superior for promoting sleep to other procedures that involve visual imagery as the main method of promoting relaxation. Many people who experience difficulties falling asleep or returning to sleep after waking complain of having an overactive mind. Techniques involving visual imagery tend to promote mental activity and can worsen the arousal experienced. Paradoxically, focusing on relaxing the body tends to help relax the mind very deeply and when this happens, sleep almost always follows.

### **HOW TO USE THIS RECORDING**

The best time to use the RECORDING is when you are in bed going to sleep, and if you wake up during the night or early morning and have difficulty returning to sleep. Before you use this RECORDING please read the 10 important tips below for maximizing its effectiveness. For the **BEST** results use the RECORDING and follow the 10 important tips for better sleep for at least 6-weeks!

## **10 IMPORTANT TIPS TO FOLLOW TO MAXISE THE EFFECTIVENESS OF THIS RECORDING**

### **1. Stick to a Sleep Restriction Schedule!**

Go to bed at about the same time each night and get up at about the same time each morning even if you do not sleep well. Allow yourself enough time in bed each night to get the rest/sleep that you need. For some people this might be as little as 6 hours in bed, while for others it might be as much as 9 hours in bed. One way to work out how much sleep you need is to think back to when you were sleeping better and work out how many hours you were in bed for at that time in your adult life. If this is difficult then you could use the population average of about 7.5 to 8 hours as an estimate for how much time you need to spend in bed each night. If you feel refreshed upon waking this is another indication that you have probably had enough sleep.

### **2. Make sure unwind before bedtime each night!**

Each night spend one to two hours relaxing before bedtime. During this time, it is good engage in passive activities like watching TV, listening to the radio or music, reading magazines or novels, or talking to family members. **Do not** do mental or physical work too late in the evening. This includes, using computers (no internet), talking on the phone or organizing things for work the next day. You need quiet time to completely unwind before bedtime.

### **3. Stimulus Control - Getting up and breaking the cycle of not sleeping!**

If you are not getting to sleep within about 30 minutes, rather than staying in bed and getting hot and bothered get up and go to another room. Sit quietly reading something boring like the local newspaper. **Do not** start working, watching TV, or listening to radio (especially talk-back radio). After about 10-15 minutes return to bed and imagine you are just going to bed for the first time that night. Sometimes you may need to get up several times and repeat this process before sleep comes. This technique can also be used if you wake up during the night and find it difficult to return to sleep.

### **4. Do not nap during the day?**

While you are improving your nighttime sleep, it is a good idea to eliminate daytime napping. If you must rest during the day, limit the rest to about 15-20 minutes sitting in a chair with your eyes closed.

### **5. Do not look at the clock all night long!**

**Do not** watch the clock at night as this can lead to frustration if sleep does not come. Turn your clock away so that you cannot easily see what time it is during the night. Set the alarm on your clock to wake you at the desired time in the morning.

## **6. Go to bed with clear mind!**

Making sure that your mind is **not** overactive at bedtime will help you sleep. It is a good idea to sit down each day for about 10-15 minutes, well before bedtime, to do some thinking, planning or even worrying. While you are doing this write down things that need to be done in the future, possible solutions to problems you might have and if you are worrying about things that you can't control ask yourself what good it is doing you to worry all the time. If you do start to think, plan or worry when you go to bed tell yourself that you dealt with these issues by writing them down and that you don't need to think about them until tomorrow.

## **7. Distract yourself with pleasant thoughts and use positive self-statements!**

Lying in bed thinking about not sleeping or thinking unpleasant thoughts **will not** help you sleep. Distract yourself and still your mind by focusing on pleasant thoughts, memories, or fantasies. If unpleasant or negative thoughts intrude keep going back to the pleasant thoughts, memories, or fantasies. It may take some time and practice to master this skill, but mastering it is very useful for quieting the mind.

Start monitoring your thoughts about sleep. Once you become aware of negative thoughts you have about sleep start replacing them with simple positive statements. For example if you think it's "awful that I can't sleep" replace this statement with one, in your own words like this "resting in bed is good for me" or "I love to rest in bed". You will be much more likely to fall asleep if you are laying in bed, in the dark and not worried or annoyed about anything. Worrying about sleep itself is one of the main factors that can stop you from sleeping. We must learn not to worry about not sleeping. This can be difficult, but by practicing simple techniques like those outlined above you can do it!

## **8. Practice relaxing the muscles of the body!**

Use the RECORDING provided in this package to learn how to relax and let go of tension in all the muscles of your body. Progressive muscular relaxation also promotes relaxation of the mind and deep restorative sleep. The best time to use the RECORDING is in bed when you are going to sleep. You can also use it if you wake up and have difficulty returning to sleep during the night or early morning.

## **9. Exercising and bright light exposure each day!**

Get some exercise each day. Even if you are physically incapacitated try to do some exercise within your limitations. Form a habit of going for a 10 to 30 minute walk each day in the morning or early evening or better still at both times. If walking is difficult, consider going swimming or doing hydrotherapy exercises. It is also a good idea to make sure that you get some exposure to bright sunlight in the early morning. This helps to keep your internal biological clock in time with the day/night cycle and promotes sleep at nighttime.

## 10. Sleep hygiene

- Avoid consuming stimulant substances like tea, coffee, and caffeinated soft drinks in the evening for at least 3-hours before bedtime.
- Avoid consuming large amounts of food in the evening in the hours leading up to bedtime.
- Avoid using alcohol to help you to sleep because it causes early waking and interferes with the normal sleep cycles.
- Avoid smoking tobacco excessively in the evenings before bedtime because it stimulates wakefulness. Think seriously about getting assistance to stop smoking.
- Avoid watching television or listening to the radio in bed.
- Make sure your bed and bedroom are comfortable for sleeping in. The temperature (too hot or cold?), light (too light or dark?) and noise levels need to be right for you.
- Avoid excessive thinking about sleep and sleep problems it does not help.
- Rationalise your beliefs about sleep. You cannot will or make yourself sleep. You can cope with bad sleep (because you have in the past). You cannot really catch up on lost sleep you can only compensate to a small degree within each day/night cycle.
- Avoid reading obsessively about sleep and stop looking for magic cures (there are none!). Most people fail to stop worrying about sleep and fail to follow simple advice that is known to improve sleep for long enough for it to be effective. Stick to the program for at least 6-weeks!
- Ask people not to ask you about your sleep. You do not need to be reminded every day that you are having trouble sleeping.
- See your Physician if you have any concerns about your health (e.g. unexplained aches, pains, coughs, or other symptoms that persist).

## ABOUT THE AUTHOR

**Prof. Gerard A. Kennedy BBSc (Hons), Ph.D., Grad Dip Mental Hlth Sci (Clin Hypn)**

- Prof of Psychology in the School of Science, Psychology and Sport at Federation University in Ballarat Australia
- Adjunct Professor of Clinical Psychology in the School of Health and Biomedical Sciences, RMIT University, Melbourne, Australia
- Senior Consulting Sleep Psychology Specialist to the Departments of Respiratory & Sleep Medicine at Austin Health and at Monash Medical Centre in Melbourne, Australia for over 20 years.
- Member of Australasian Sleep Association

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