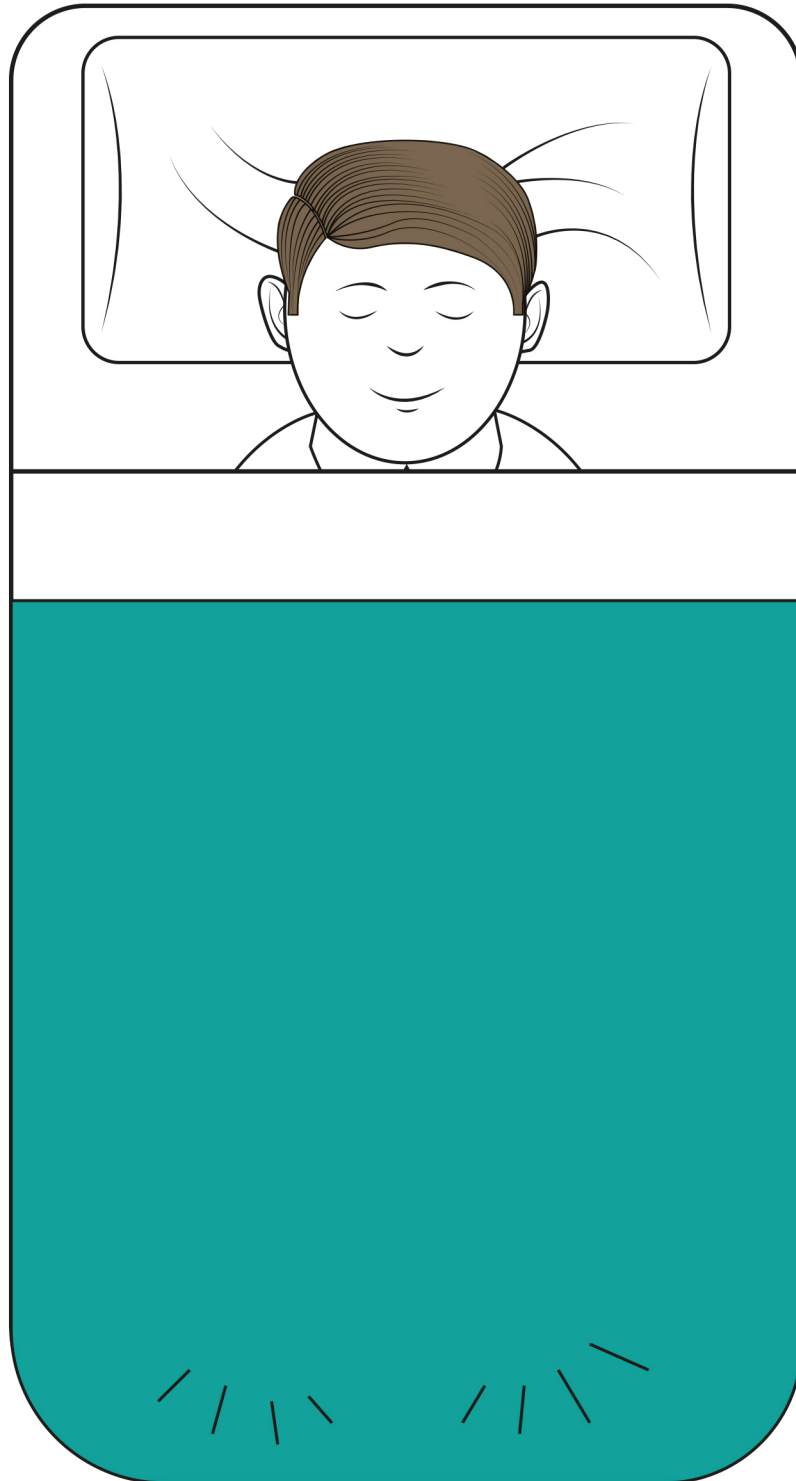


how to improve your sleep



written by michael safranek
illustrated by mark bennett

about this booklet

This booklet is designed to be used in therapy, with the therapist helping the client to understand the concepts. The text in the booklet can help the therapist, or anyone else, in their explanation. There should be enough information in the pictures once the client has taken the booklet home.

This should mean this booklet can be used by anyone regardless of language, literacy, difficulties like dyslexia, or other barriers that may cause problems with other text-based self-help materials.

While this is the idea behind the design of the booklet it can, of course, be used by anyone who finds the contents helpful!

To make this booklet as easy to read as possible for people with dyslexia:

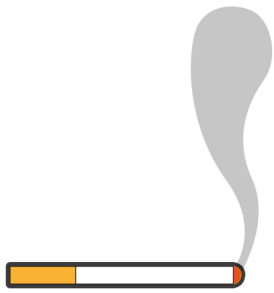
- Print with a matte finish rather than glossy.
- Use paper thick enough so that the other side doesn't show through.
- Speak to your client about how they make things easier to read. Some people may prefer coloured paper or use coloured overlays or other adaptations. In that case the grayscale version of the booklet might be easier to read.

Copyright Statement

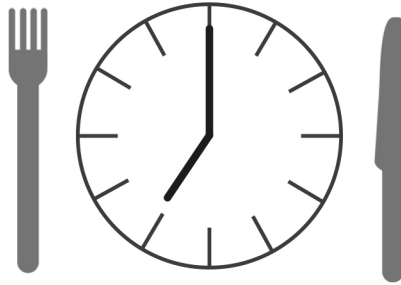
© 2017. The rights of Michael Safranek and Mark Bennett as to be identified as authors of this work has been asserted to them in accordance with the Copyright, Designs and Patent Act 1998. All rights reserved. This booklet has been produced on the condition that it shall not, by way of trade or otherwise, be lent, sold, hired out or otherwise circulated in any form, binding or cover other than that in which it is published, and without a similar condition including this condition being imposed on the subsequent reader.

Funding to develop this booklet was provided by the Greater Manchester Mental Health NHS Foundation Trust.

how to improve your sleep



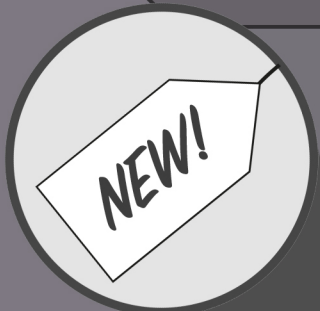
reduce nicotine



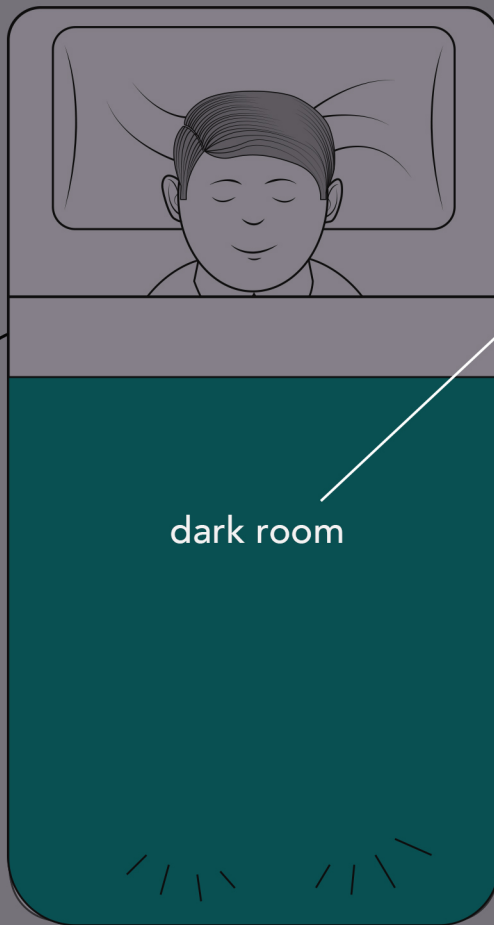
timing meals



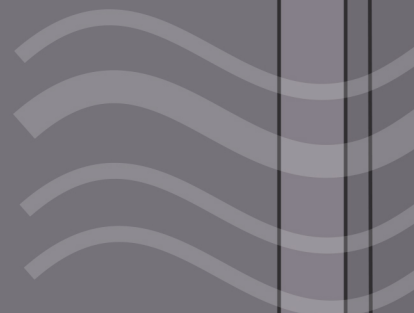
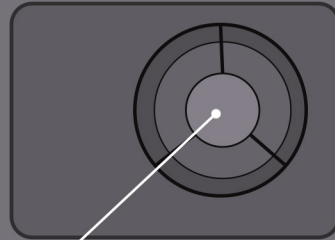
reduce alcohol



new bed



dark room



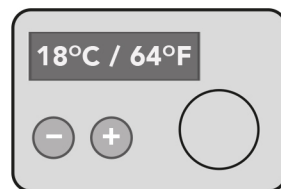
window ajar



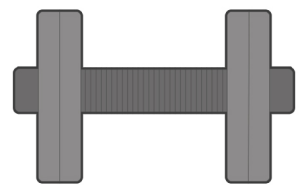
reduce caffeine



reduce noise



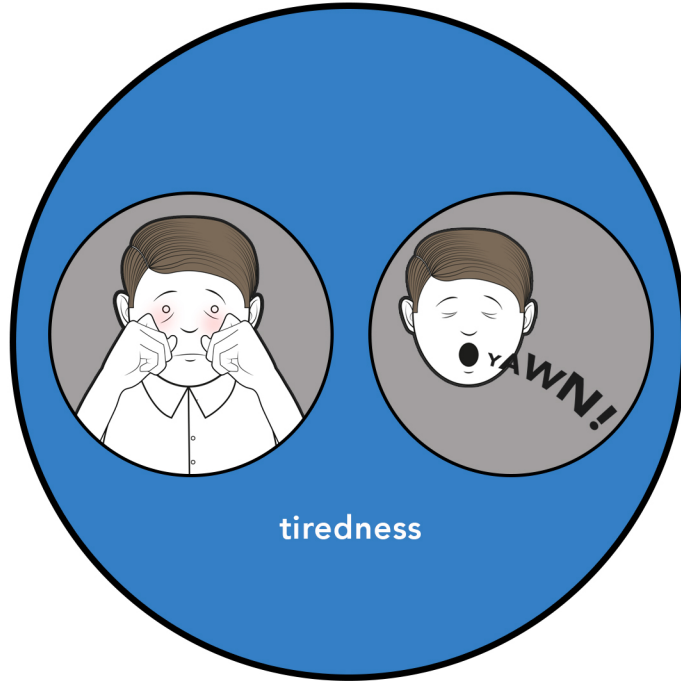
temperature



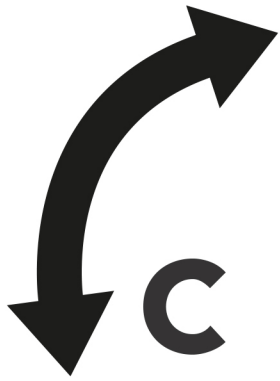
exercise

what I feel in my body

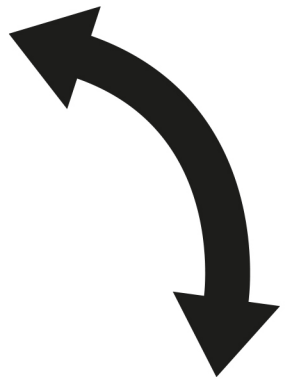
(Autonomic / physical symptoms)



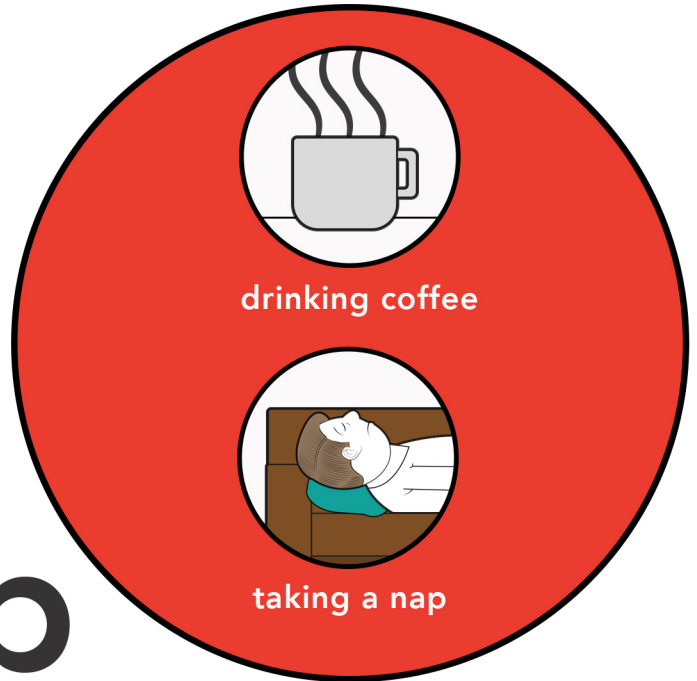
a



c



what I think
(Cognition / thoughts)



b

what I do
or don't do
(Behaviours / reactions)

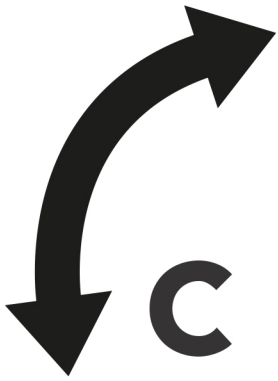


your abc

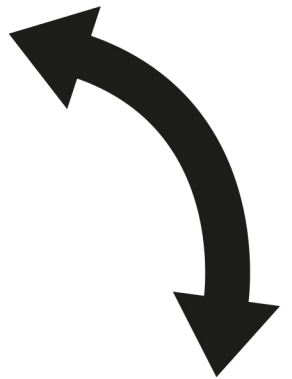
what I feel
in my body

(Autonomic / physical symptoms)

a



c



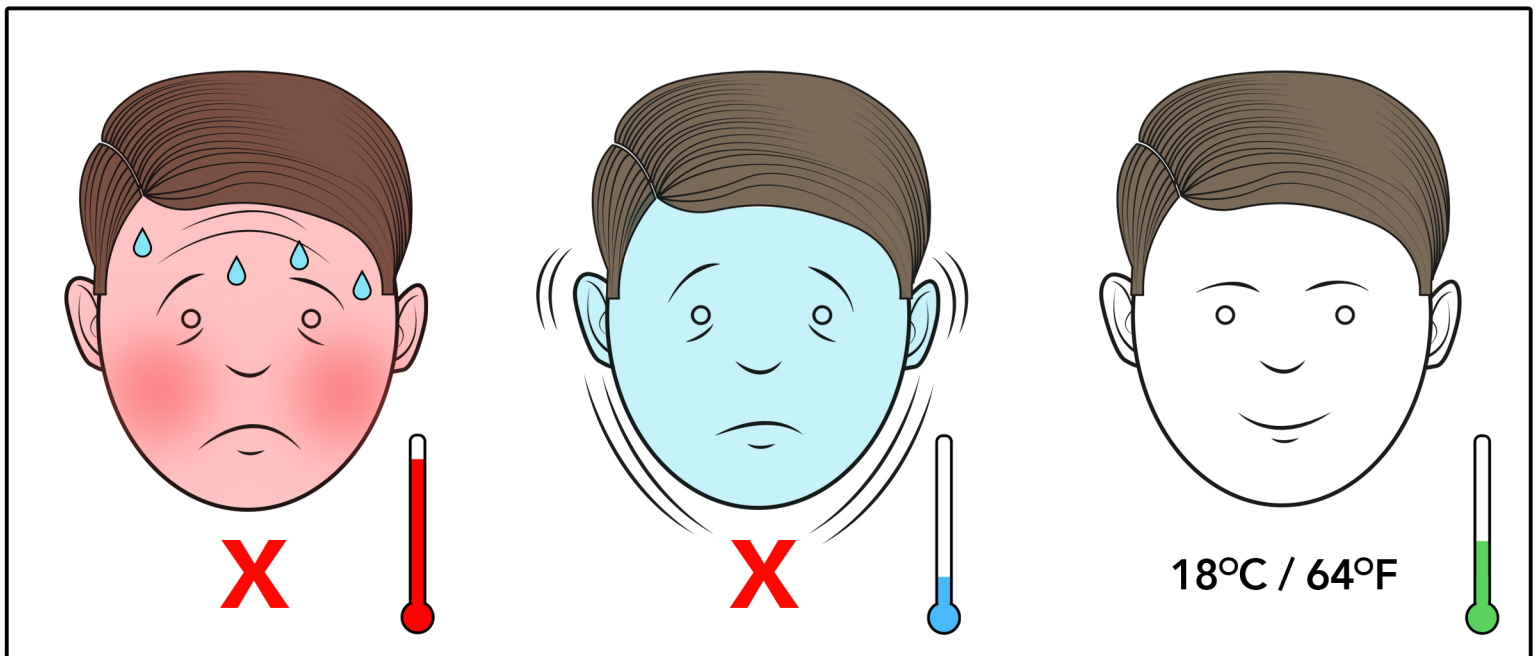
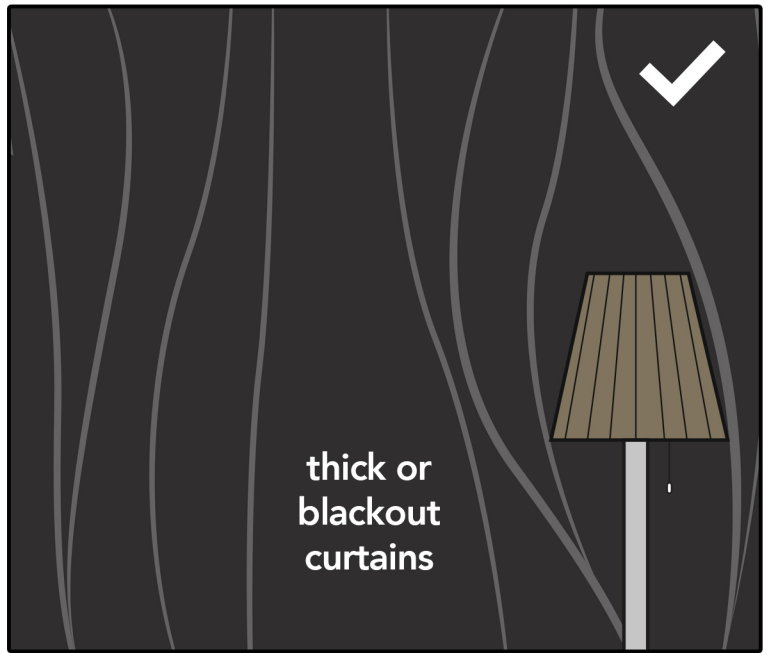
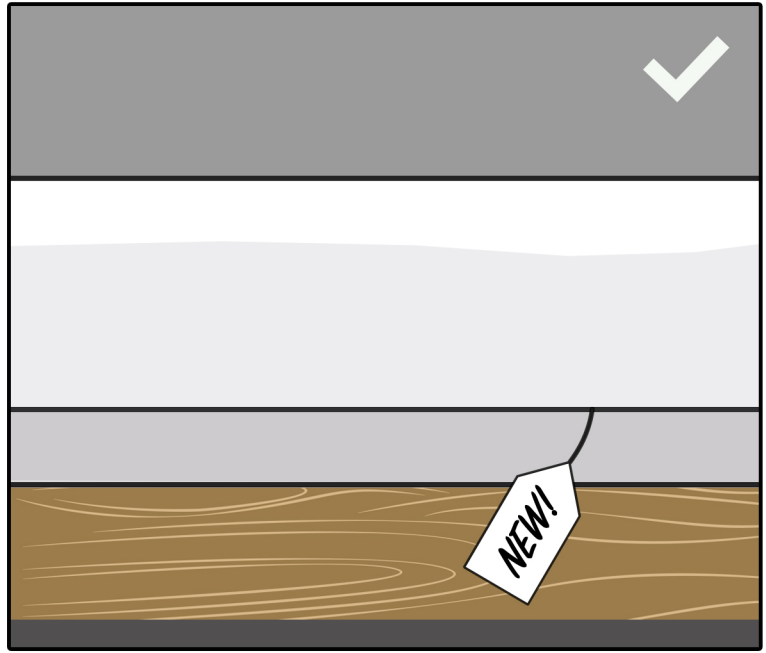
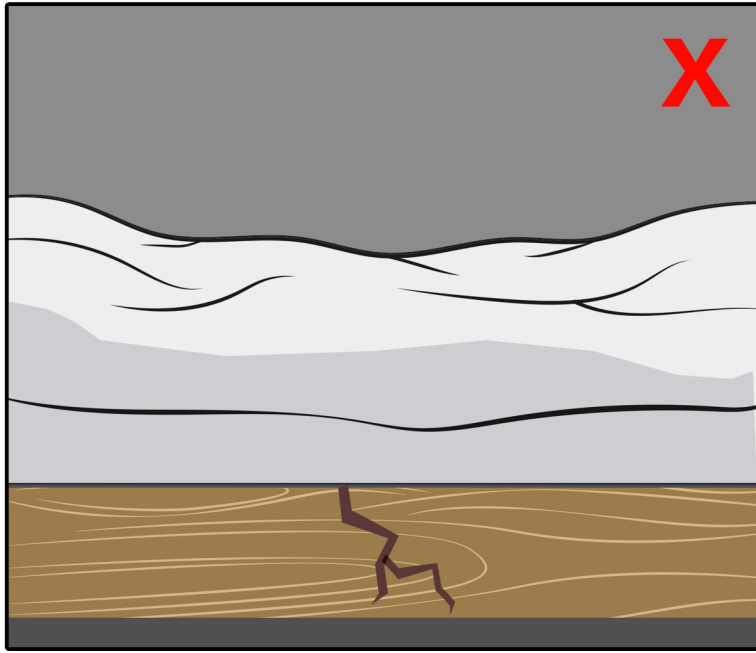
b

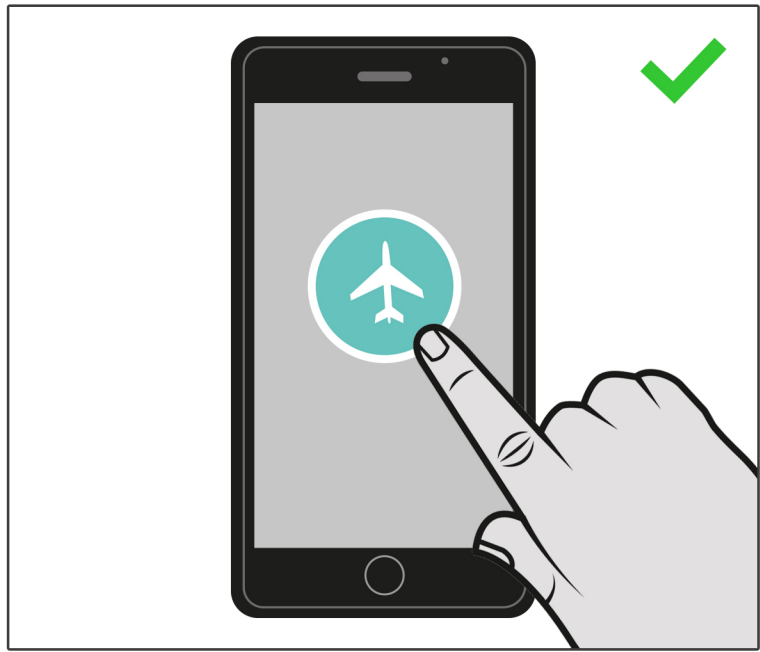
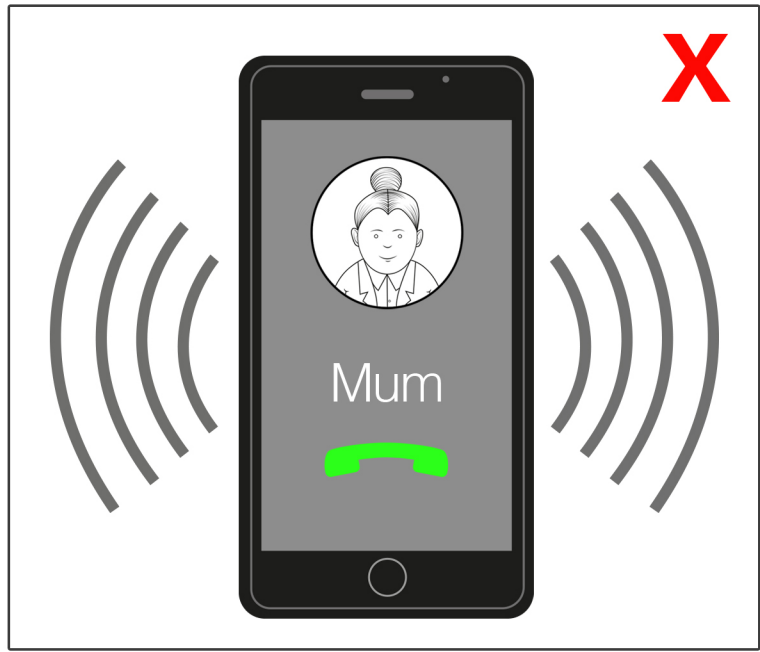
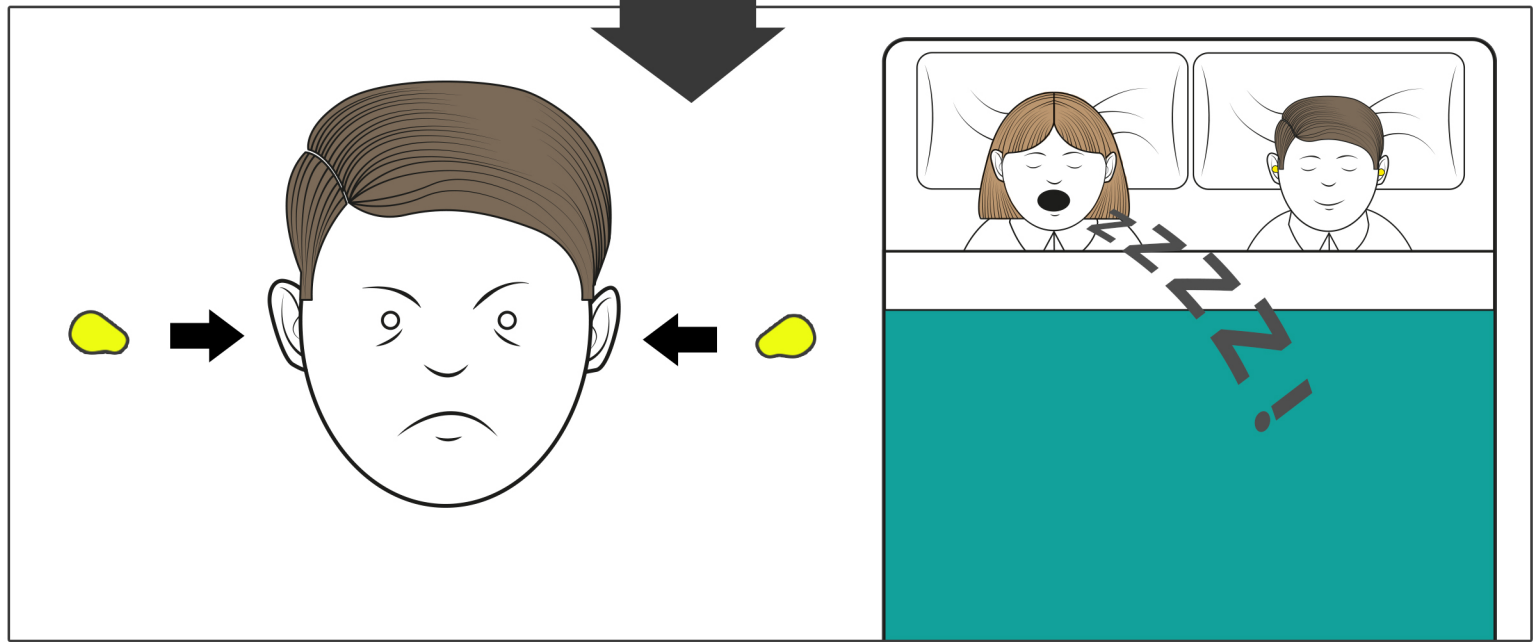
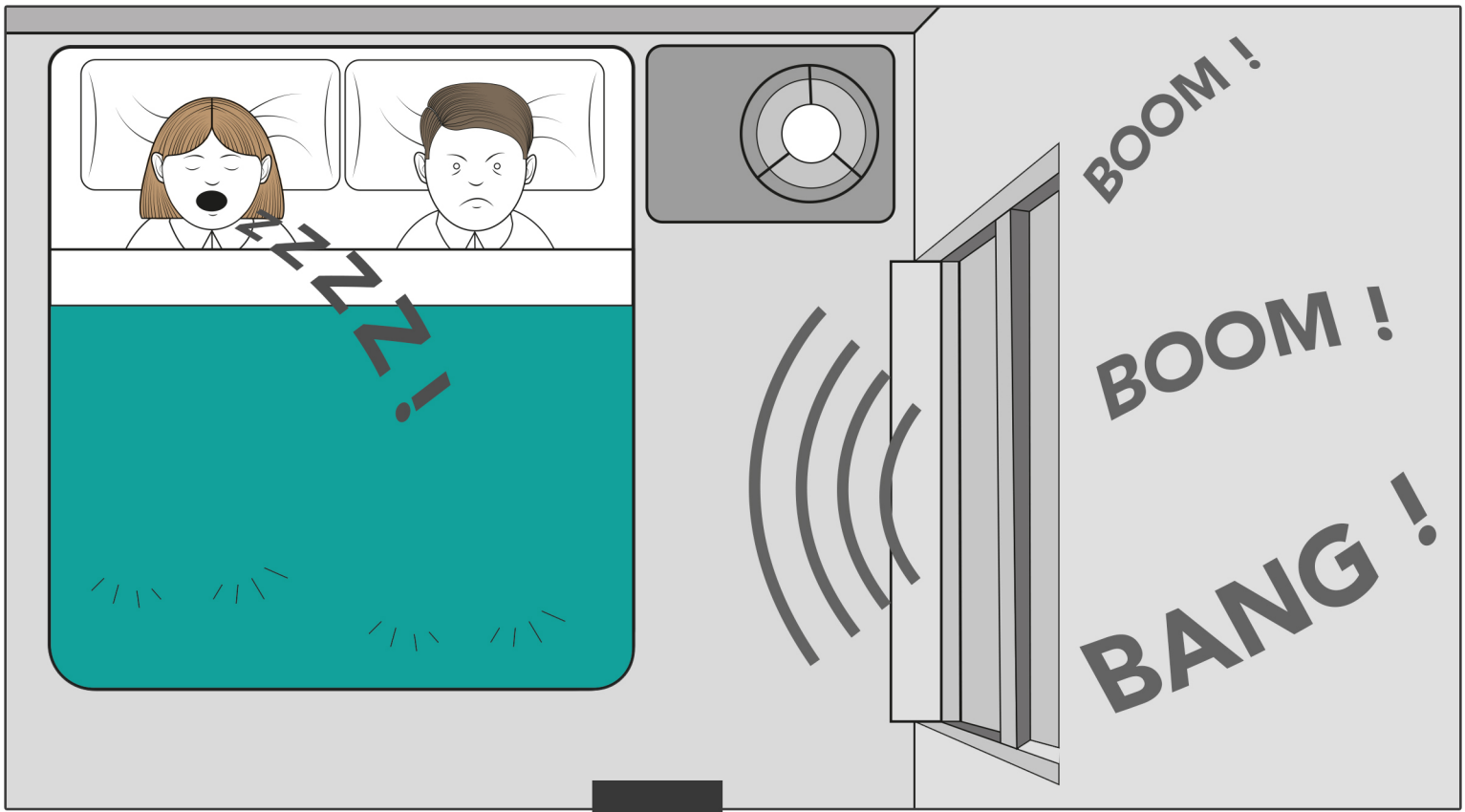
what I think
(Cognition / thoughts)

what I do
or don't do
(Behaviour / reactions)



environment

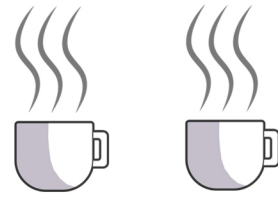
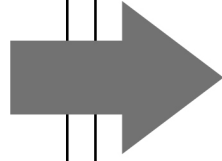




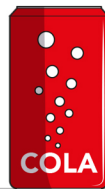
lifestyle



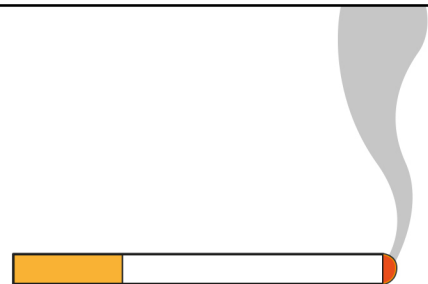
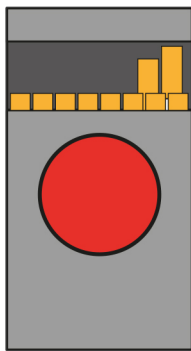
reduce caffeine



not too close to bedtime



reduce nicotine

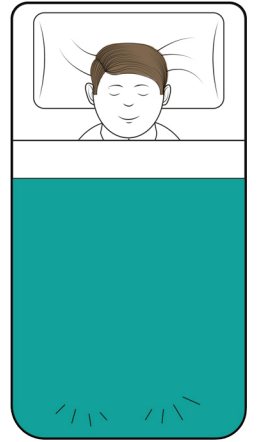
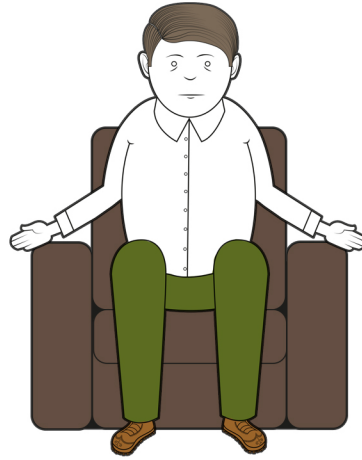
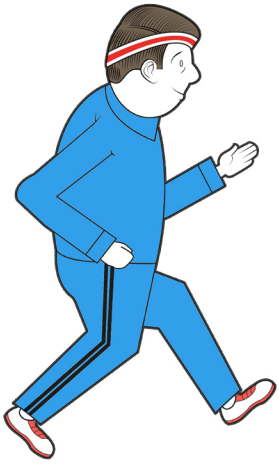


not too close to bedtime

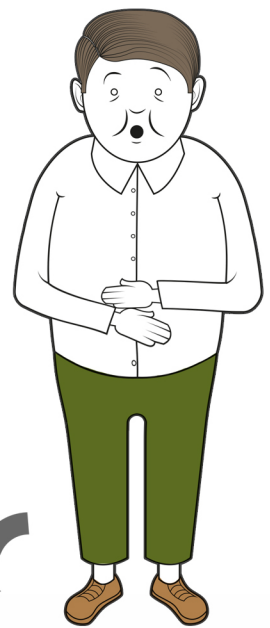
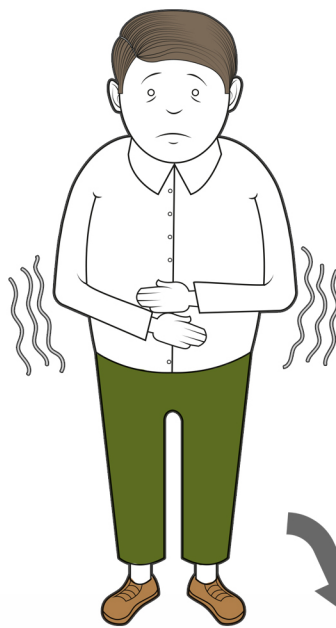
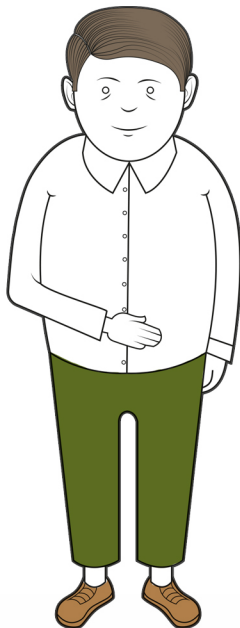
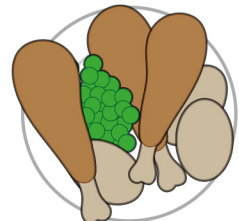
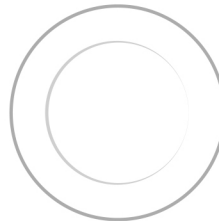


reduce alcohol

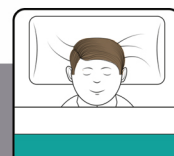




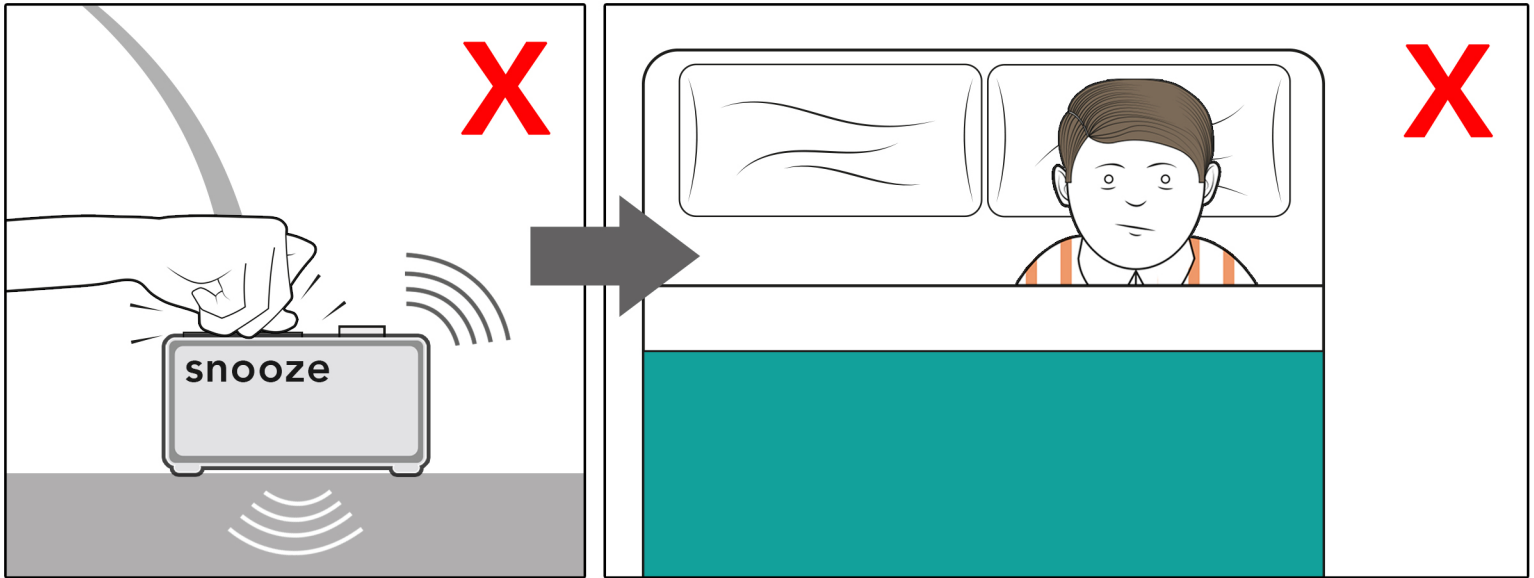
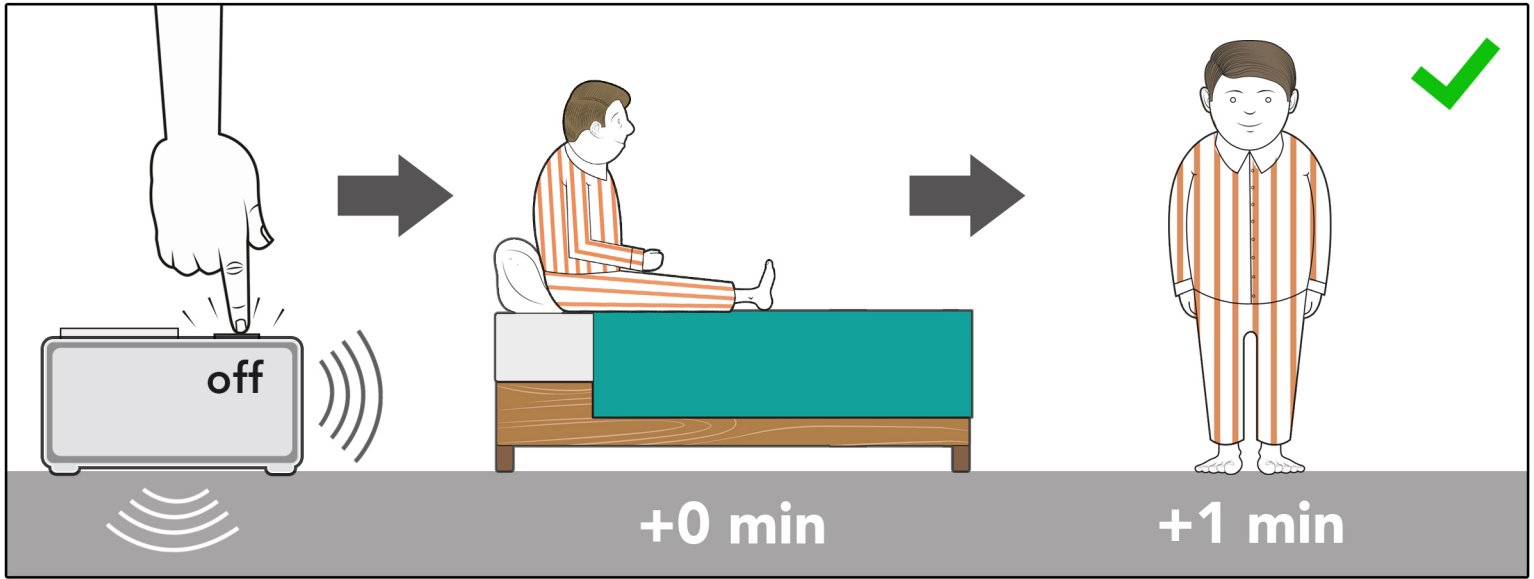
don't go to bed too hungry, or too full



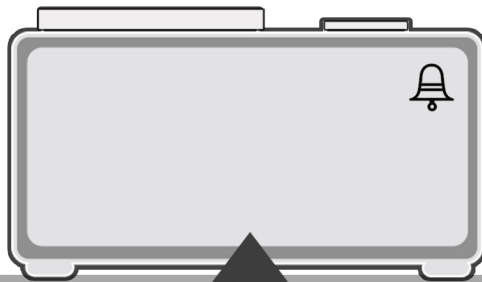
don't eat too close to bedtime



get up times



get up at the same time each day



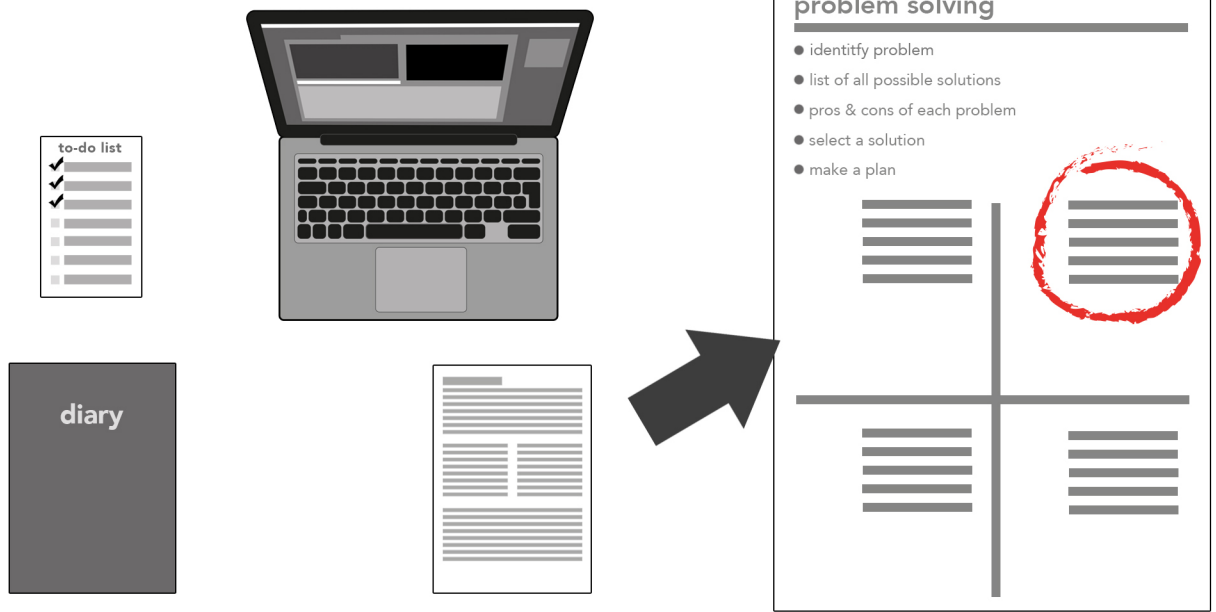
write your get up time here

wind down



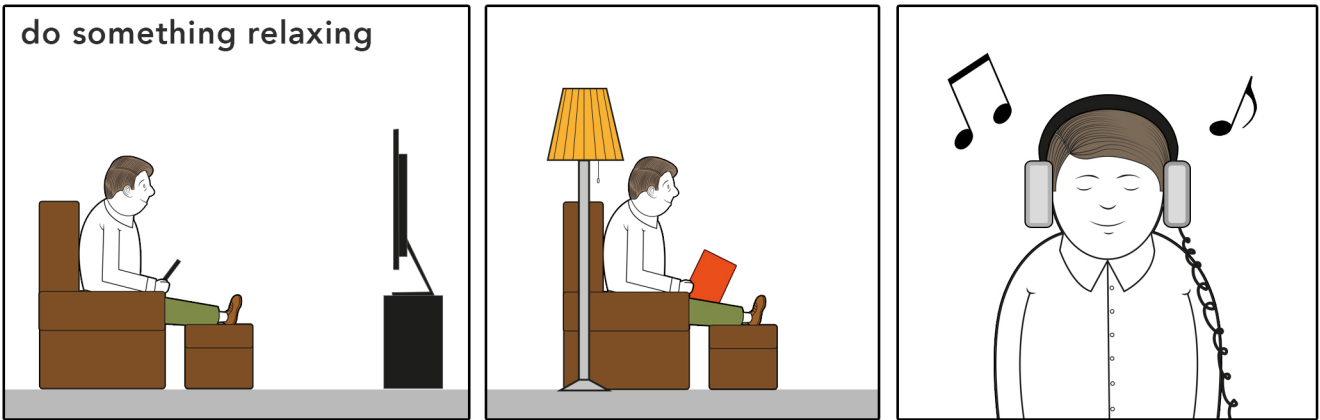
90

putting the day to rest



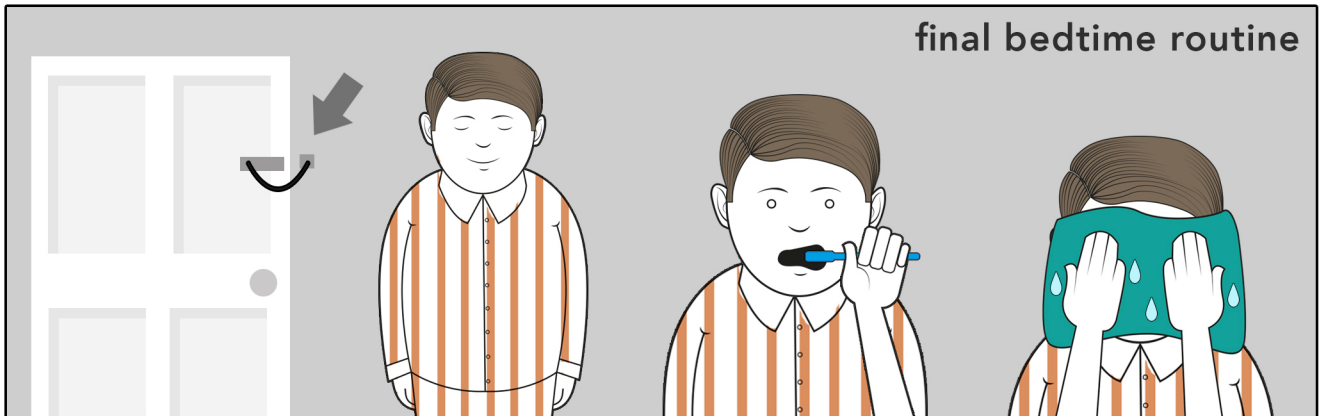
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do something relaxing

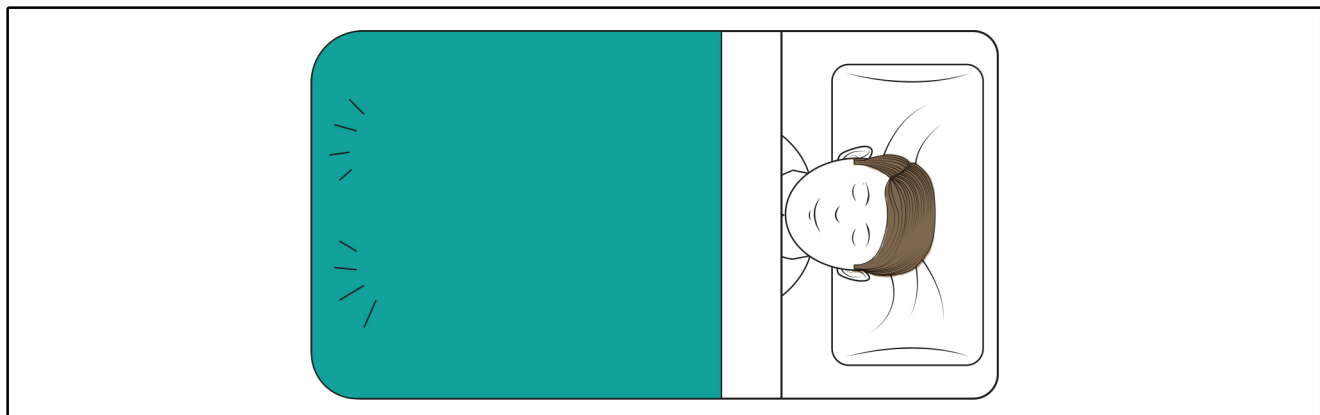


15

final bedtime routine

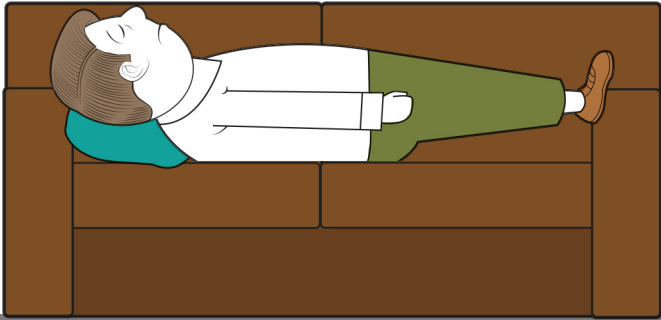


0



bed is for sleeping, sleeping is only for bed

X



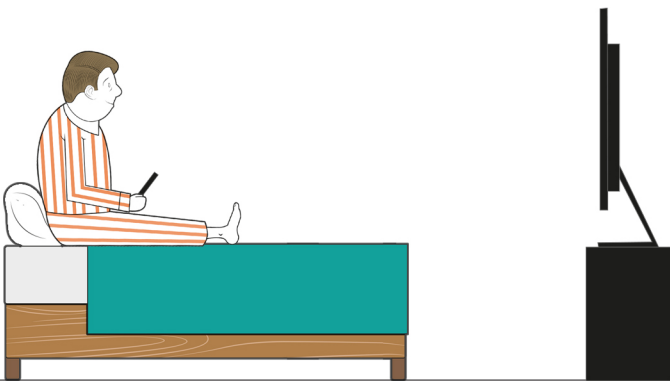
no sleeping in other places

X



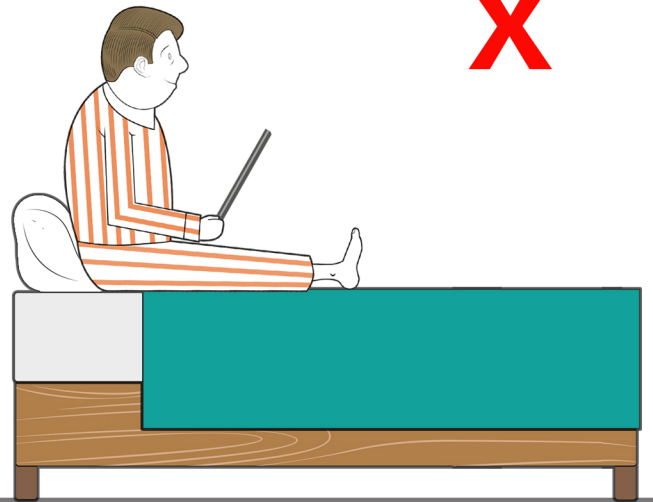
no working in bed

X



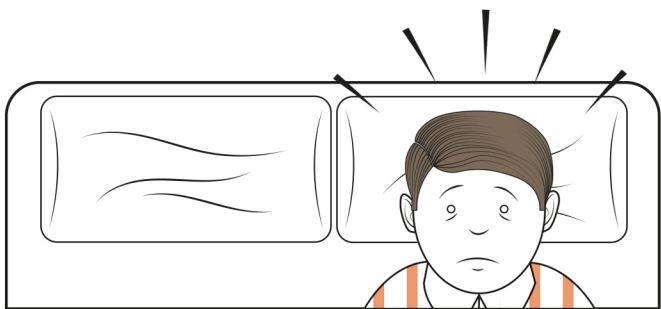
no tv in bed

X



no phones / tablets

X



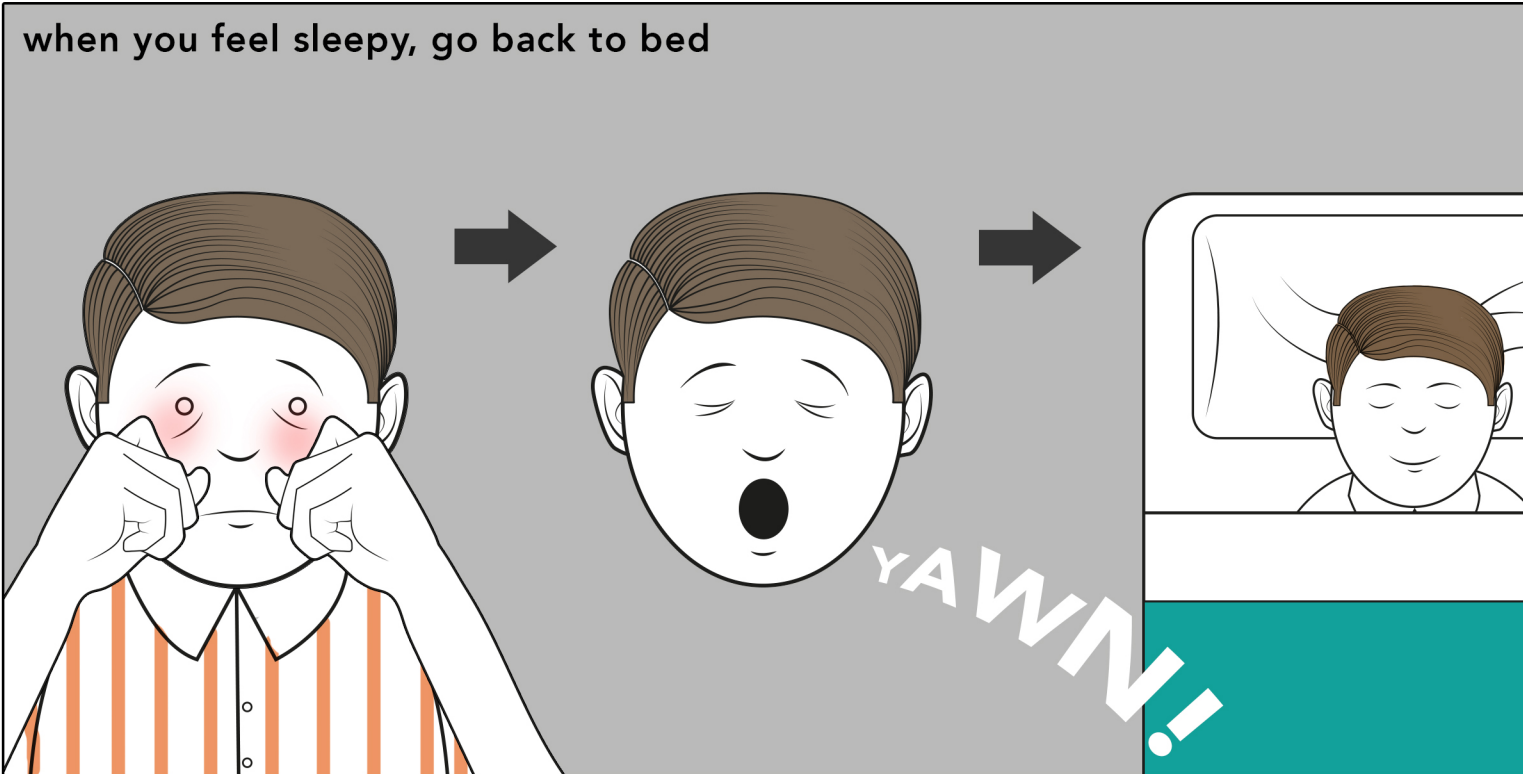
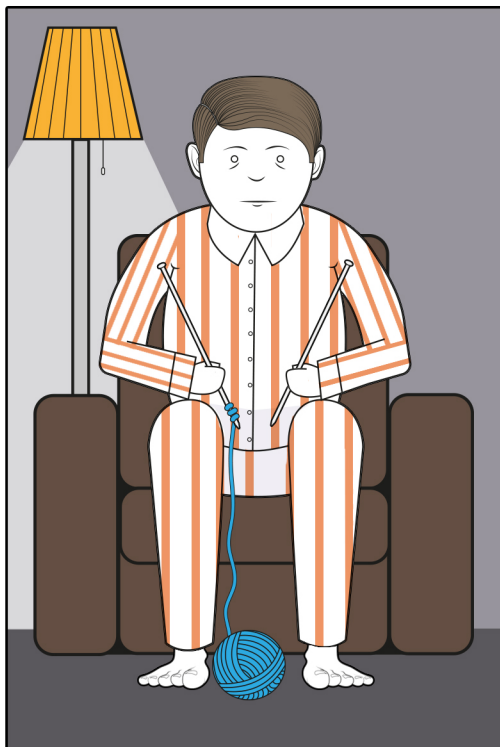
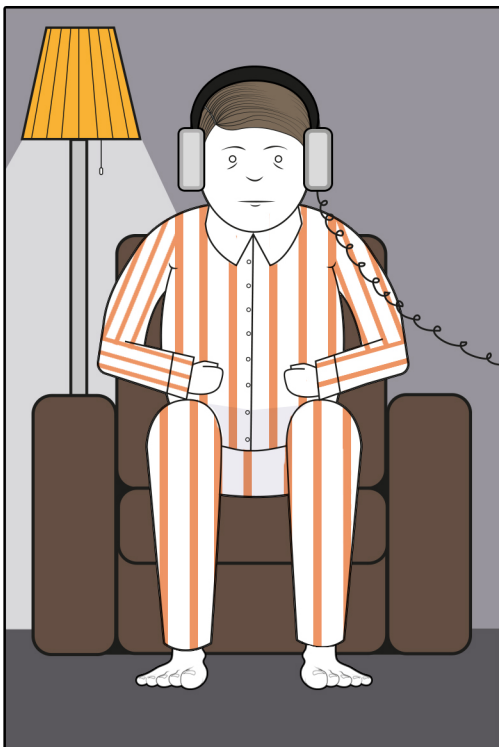
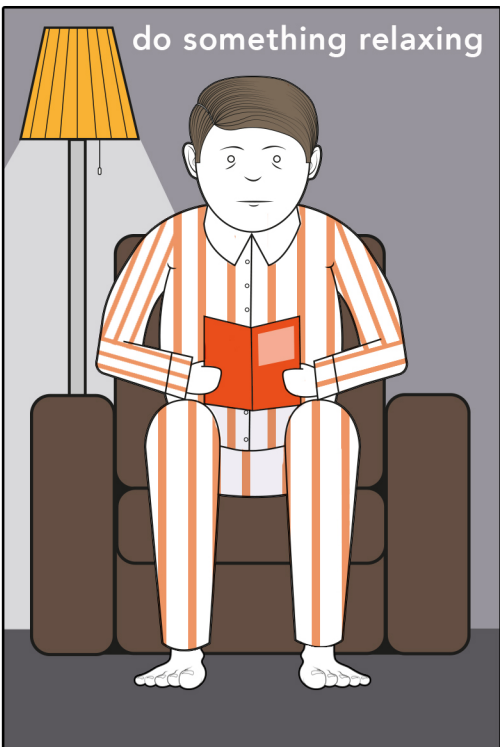
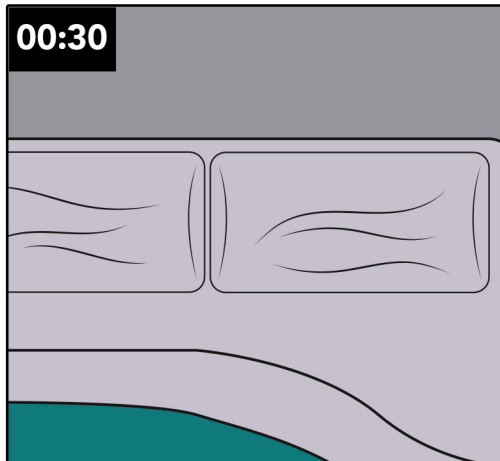
no lying awake in bed

✓



only sleeping in bed

the 30 minute rule: if you are still awake, get up



meet the authors



Michael Safranek has worked in mental health since 1998. He has spent 6 years working in the IAPT (Improving Access to Psychological Therapies) programme, treating people with common mental health problems. He holds a BSc in Psychology from the University of Portsmouth, and a PgCert in Advanced Practice Interventions in Mental Health from the University of Manchester.

Michael enjoys reading graphic novels, listening to music, seeing live bands, and spending time with friends and family.



Mark Bennett has been a freelance illustrator, designer and commissioned artist for over 25 years. For the last 11 years he has also worked as a Lecturer in Graphic Design & Illustration. He holds a BFA in Painting from the Rhode Island School of Design, a Pg Cert in Education from the University of Bolton and is currently working towards a Masters degree in Illustration from the University of Hertfordshire.

Mark enjoys composing and recording music, creative writing, watching cricket, birdwatching and visiting the North Wales coast with his family.

Thanks

The authors would like to thank Greater Manchester Mental Health NHS Foundation Trust for providing funding that allowed this booklet to be developed. They would also like to thank Dr Rachel Glynn-Williams for her support in the early stages, and her help in teaming up Michael and Mark.

Michael would like to thank his wife for her support and encouragement during the development of this booklet, his manager at GMMH for her support and encouragement, and all of his colleagues, past and present, who have given him useful feedback and helped him learn throughout his career.

He would especially like to thank all of the patients, service users and clients he has worked with who have taught him things that cannot be found in textbooks or in classrooms. And, lastly, Mike would like to thank Mark for his excellent illustrations, creative input, and hard work.

Mark would like to thank his wife and son for their support and understanding during the making of this book, his tutor Barbara Brownie for her advice and feedback during the design process, and to Mike for being an outstanding client for which to work.

evening sleep diary

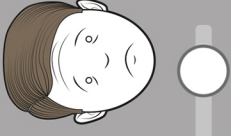
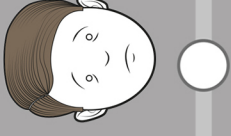


☐ am ☐ pm

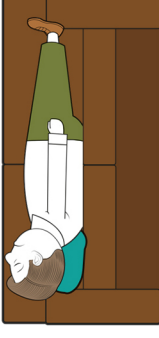
☐ am ☐ pm

☐ am ☐ pm

tiredness



naps during day?



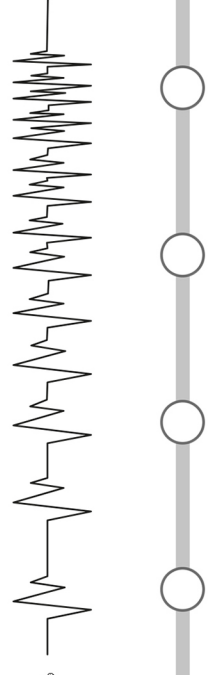
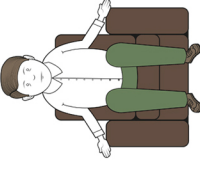
time:

length:



bedtime:

daytime activity scale

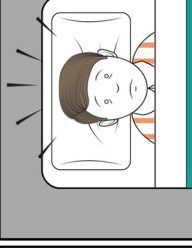
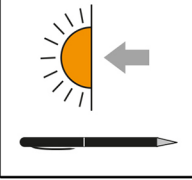


?

what did you do before bed?

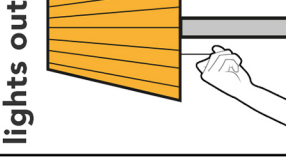


morning sleep diary

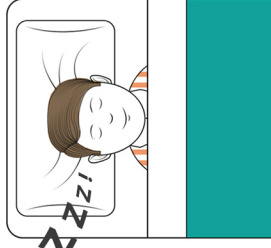
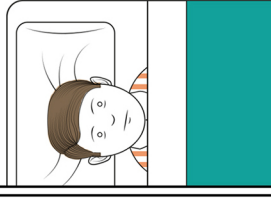


number of times
you woke up
at night:

how rested do you feel?

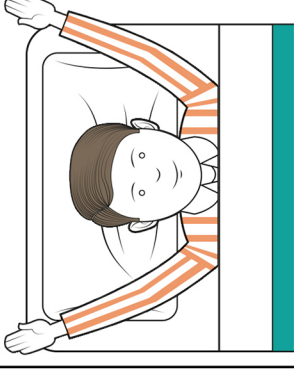
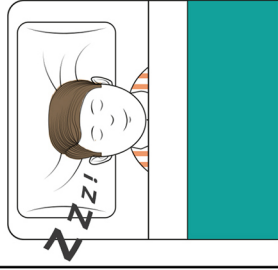


time:



? mins:

length
of sleep:



what did you do in bed?

