

# Tinnitus Activities Treatment

## Sleep Session

## Overview

1. Normal sleep patterns
2. Things that affect sleep
3. Daytime activities to facilitate sleep
4. Evening activities to facilitate sleep
5. Preparing for sleep
6. Waking up at night
7. Waking up in the morning
8. Activities

Sleep 2

Sleep disturbances are very common in tinnitus patients. This therapy will help patients to understand normal sleep patterns, explore factors that affect sleep, describe activities to promote sleep, and review how to implement relaxation and background sound for better sleep.

# 1. Normal Sleep Patterns

- The amount of sleep varies greatly from one individual to another
  - 6.5-9 hours/night
- Normal sleep includes several periods of light sleep or awakenings
  - Older adults have more awakenings
- Tinnitus doesn't usually wake people



Sleep 3

- Though most adults need 8 hours of sleep, this average varies from 6.5-9 hours depending on the individual.
- Uninterrupted sleep is best, though normal sleep includes several periods of awakenings or light sleep. These increase in duration and number as we age.
- Tinnitus doesn't usually wake people, but when they wake and hear tinnitus, it may create difficulties getting back to sleep.

# Sleep Cycles



Normal sleep stages during one night. Sleep cycles from light (stage 1) to deep (stage 4). Cycles can repeat many times.

Sleep 4

As we age the duration and number of awakenings or light sleep increases.

## 2. Things That Affect Sleep

- Stress and emotions
- Environmental factors
  - Noise
  - Light
  - Temperature
- Irregular work schedules
- Learned sleeplessness patterns
- Jet lag/time zone changes



Sleep 5

There are many things that affect sleep, such as:

- Stress and emotions (depression and anxiety)
- Environmental factors such as the noise in the room, lighting, and temperature
- Irregular work schedules (working the night shift, or a flexible shift)
- Learned sleeplessness patterns (waking up at night)
- Jet lag/time zone changes



## Things That Affect Sleep, continued

- Physical conditions (sleep apnea, restless leg)
- Medications
- Caffeine (coffee, tea, cola, chocolate)
- Nicotine (smoking)
- Alcohol (excessive)
- Tinnitus

Sleep 6

There are many things that affect our sleep, including

- Physical conditions
- Medications
- Diet
- Nicotine
- Alcohol
- And tinnitus

### 3. Daytime Activities to Facilitate Sleep

- Avoid napping
  - Don't modify behavior after a poor night of sleep
- Get regular exercise
  - 3-4 hours prior to sleep
- Lead life as normally as possible, even if tired



Sleep 7

- The best daytime activities to facilitate sleep are to avoid napping, and get regular exercise.
- If you have a bad night of sleep, don't try to "recover" by sleeping during the day. Rather go about your day as normal

## Evening Activities to Facilitate Sleep, continued



- Exercise during the "day" period
- Go to bed only when you are tired enough to sleep
- Sleep is best when you make the least effort



## 4. Evening Activities to Facilitate Sleep



- Create a curfew separating day and night
  - At least 1 ½ hours before bedtime
- After that time, avoid:
  - Stress
  - Exercise
  - Eating
  - Alcohol
  - Caffeine

Sleep 9

- Evening activities to help facilitate sleep include
  - Creating a curfew or dedicated bedtime, and sticking to it
    - This is best 1 ½ hours before bedtime, such as 8pm
  - After that time avoid the behaviors that may keep you up

## Ways to Reduce Worrying at Bedtime

1

### Set aside

- Set aside time before curfew to write down your worries – deal with them in the morning

2

### Write

- If you think of additional concerns while sleeping, write them down and go back to sleep

3

### Do

- Do this approximately 1 hour before bedtime, so that the mind is not still buzzing from your concerns

The act of writing engages your mind and reduces the power of racing thoughts such as worry.



There are several ways to arrange the bedroom to facilitate sleep:

- You should eliminate or reduce any distractions and non-sleep related items, including a TV, computer, laptop, food/drink, etc.
- Add comfortable mattress, pillows, blankets to make the bedroom cozy.
- Darken the room to avoid being awakened by light
- Set the temperature cooler at 58-68 degrees F.

## 5. Preparing for Sleep

- Listen to low-level background sound
  - Fan, humidifier
  - Smartphone App
  - CDs, radio
  - Sound generator
- Helpful to control the level



Sleep 12

- Using low-level background sound is an excellent option to reduce the prominence of tinnitus.
  - Sounds from a fan, humidifier, etc., are all ways to add a low level background sound in the environment.
  - Listening to recorded material, such as sound apps, CDs, nature sounds, and music can help
  - A sound generator that plays white noise or other static or modulated sounds may be helpful.
- It is helpful to control the level of sound, such as setting a timer to shut off after you will be asleep

Choose soft,  
pleasant sounds  
you enjoy

- Music
  - Calm, soothing,  
steady, classical
- Sounds of nature
  - Waves, rain
- Broadband noise
  - 'ssshhh'



- Soft, pleasant sounds will be best to provide a low-level background sound for sleeping. Suggestions include:
  - Music – calm, soothing, steady, classical, piano
  - Nature sounds – ocean waves, waterfalls, raindrops
  - Broadband noise – white or other broadband noise

## Ways to Play the Sound

- Sound present all the time
  - Don't have to think about it, just part of your bedroom
- Sound present all night
  - Helpful if you wake up during night
- Sound as you get to sleep (use timer)
  - Can be easier for a sleeping partner
  - Sound that goes off at night can wake you up



Sleep 14

- There are many options for playing sound in the bedroom
  - Sound present all the time
  - Sound present all night
  - Sound as you get to sleep, that shuts off
- However, sound that goes off during night can wake you up
- If you wake up and decide to turn on sound, you may focus on tinnitus more

## Sound and Your Sleeping Partner

- Play sound that you both agree is pleasant
- Use a pillow loudspeaker that only you will hear
- You can go to sleep first listening to sound that turns off with a timer



Sleep 15

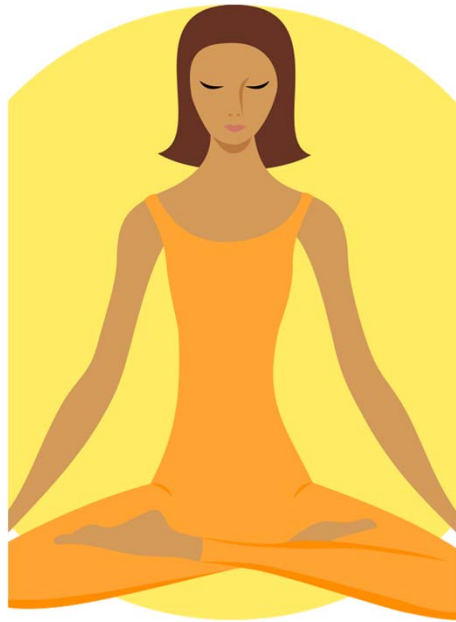
Considerations for your sleeping partner include:

- Playing sound that you both agree is pleasant
- Use a pillow loudspeaker that only you will hear
- Go to sleep first and stop the sound using a timer

## 5. Preparing for Sleep with Relaxation

### Techniques:

- Progressive muscle relaxation
- Visual Imagery



Sleep 16

Learning relaxation exercises, including progressive muscle relaxation and visual imagery are great techniques to facilitate sleep.



# Progressive Muscle Relaxation

- Learn to systematically tense and relax groups of muscles
- With practice, you will recognize a tensed muscle vs. a relaxed muscle
- This skill allows you to produce physical muscular relaxation at the first signs of tension





## Progressive Muscle Relaxation

Completed in two steps:

1. Deliberately apply tension to certain muscle groups
2. Stop the tension and focus on how the muscles feel as they relax

# Progressive Muscle Relaxation- Practice Exercise



1. Start with your arms
2. Make a fist and tense your arms for 15 seconds
3. Release the tension
4. Breathe deeply and pay attention to the sensation of your arms relaxing

## Practice Exercise--continued

5. Continue tensing and relaxing the following muscle groups:
  - Face
  - Shoulders
  - Stomach
  - Legs and feet
6. When finished, release any remaining tension in your body

## Visual Imagery

- Similar to daydreaming
- Attention is focused on some type of sensory experience
  - Creating novel mental images
  - Recalling past places and events





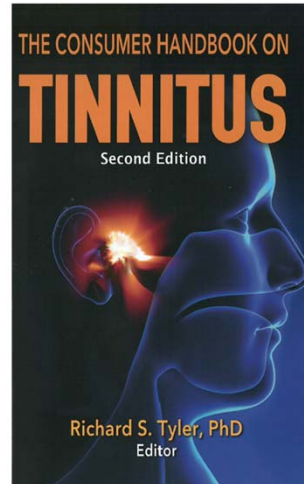
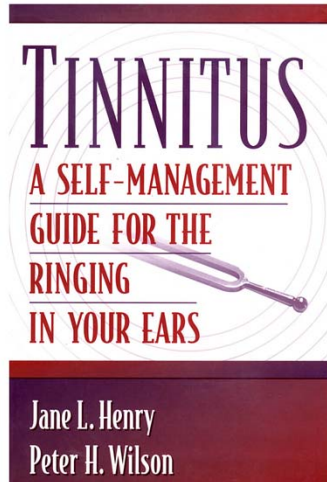
## Visual Imagery - Practice Exercise

1. Close your eyes
2. Think of a relaxing scene (the beach)
3. Try to imagine the scene as clearly as you can
4. The smell of the water, warm sand on feet, sound of ocean
5. Allow yourself to relax as you imagine the location in your mind

Sleep 22

Do not create a “to do” list

## Self-help books on Progressive Muscle Relaxation and Imagery Training



## 6. Waking Up At Night

- Do not lie in bed if you are unable to fall or stay asleep
- Find something to do and return to bed when you feel tired
- Use background sound



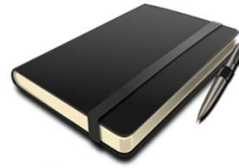


## 7. Waking Up In The Morning

- Get up at the same time every day
- Allow the sunlight to wake you up



## 8. Activities



- What things may be affecting your sleep?
- Could you change your activities or arrange your bedroom differently to improve sleep?
- Utilize the daytime and evening activities to facilitate sleep
- Prepare for sleep using relaxation techniques and background sounds
- Maintain a sleep diary if problems persist

Sleep 26

- Discuss with the patient what things may be affecting their sleep and what activities or things could be modified to improve sleep
- Encourage them to
  - implement the day and nighttime activities to improve sleep
  - Prepare for sleep using relaxation or background sounds
  - Maintain a sleep diary if problems persist
    - Complete the diary about food/activities during the day, or in the evening