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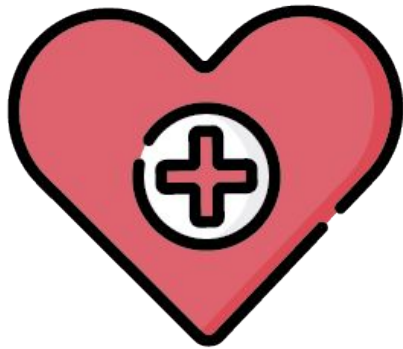
2024

Statewide Symposium in Support of Service Members, Veterans & Their Families

April 17-18 | Phoenix, Arizona

arizona coalition
for military families





Health & Wellness

Session 3

The Importance of Sleep and Recovery



Facilitators



Dean Wenrich

CONNECTION COACH

Arizona Coalition for Military Families



Jose Gonzalez

RISK REDUCTION PROGRAM SPECIALIST

Arizona Coalition for Military Families





Agenda

- 1 **Sleeping Soundly: Addressing Common Sleep Concerns in Veterans and Active Duty Service Members**
- 2 **Whole Health**



Sleeping Soundly: Addressing Common Sleep Concerns in Veterans and Active Duty Service Members

Ashley Breedlove, Psy.D., DBSM
Clinical Health Psychology
Department of VA



SLEEPING SOUNDLY

Addressing Common Sleep Concerns in Veterans
and Active Service Members

Ashley Breedlove, Psy.D., DBSM

OVERVIEW

- Common Sleep Concerns in Veterans and Active Service Members
- Primary Treatments
- Importance of Sleep
- The Processes of Sleep
- Healthy Sleep Tips





**COMMON SLEEP CONCERNS IN
VETERANS AND ACTIVE SERVICE
MEMBERS**

- **INSOMNIA:**

- Difficulty initiating sleep, maintaining sleep, and/or with early morning awakening for a period of at least 3 months, which leads to significant distress or impairment.

- **SLEEP APNEA:**

- Characterized by episodes of absent or reduced breathing during sleep and by daytime sleepiness. Diagnosed by sleep study.

- **NIGHTMARES:**

- Repeated awakenings with recollection of terrifying dreams, usually involving threats to survival, safety, or physical integrity.



PRIMARY TREATMENTS

- **INSOMNIA:**

- Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Medication – primarily intended for short-term use

- **SLEEP APNEA:**

- Positive Airway Pressure (PAP devices)
- Mandible devices
- Surgery

- **NIGHTMARES:**

- PTSD treatment – Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Nightmare Treatment - Imagery Rehearsal Therapy (IRT) and Exposure Relaxation and Rescripting Therapy (ERRT)
- Medication – ex: prazosin

BENEFITS OF SLEEP

Promotes good health by contributing to a healthy immune system

Regulates emotions

Supports cognitive functioning, including memory, learning, attention, concentration, & judgment

Balances appetite by regulating hormones that impact feelings of hunger and fullness


HEALTH CONSEQUENCES ASSOCIATED WITH POOR SLEEP

Increased body mass index and greater likelihood of obesity

Increased risk of diabetes and heart problems

Increased risk for psychiatric conditions including depression, anxiety, and substance abuse

Increased risk of dependence on sleep aids



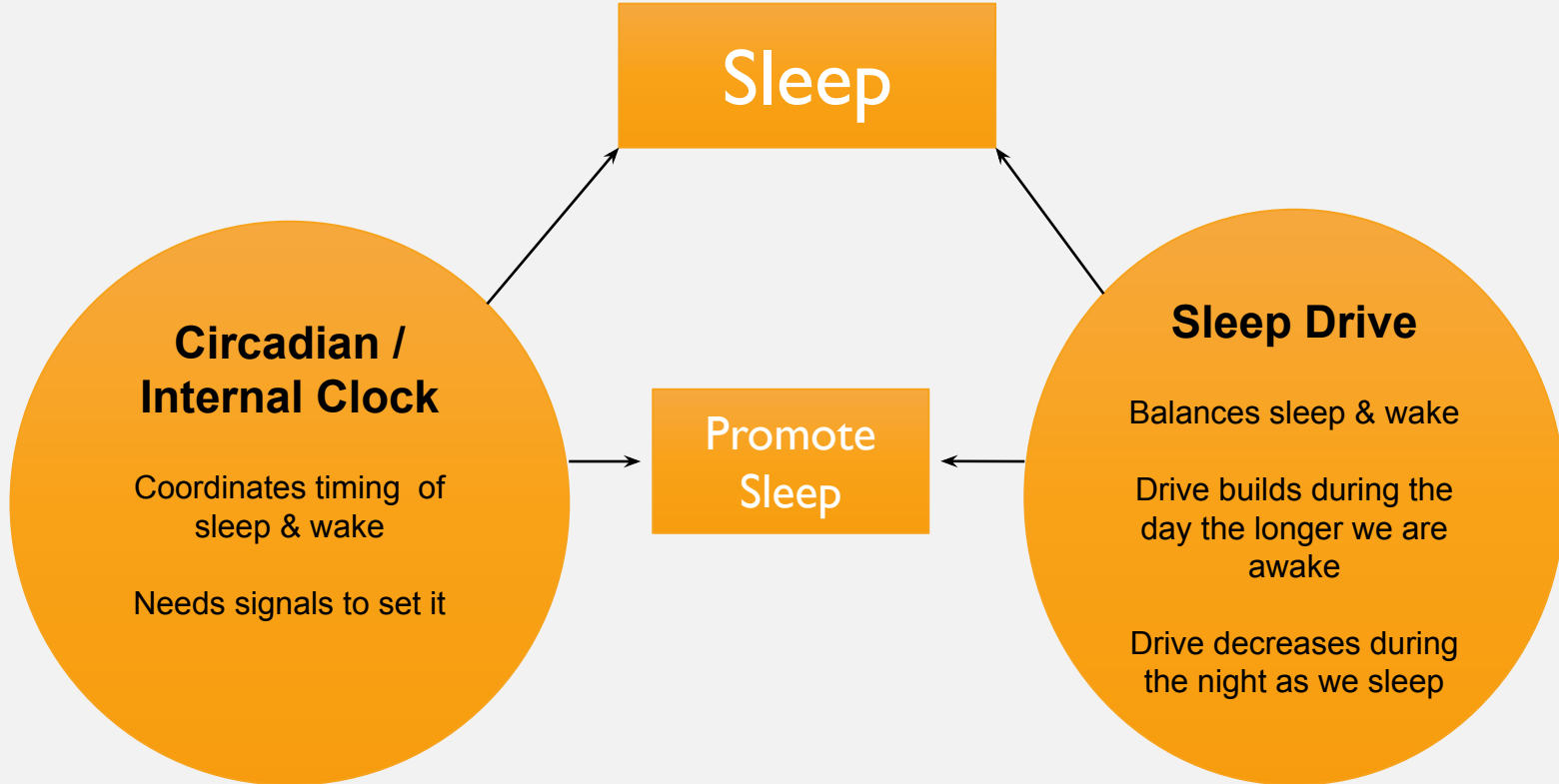
DAYTIME
PROBLEMS
ASSOCIATED
WITH POOR
SLEEP

- Fatigue/malaise
- Attention/concentration/memory
- Social/work/school performance
- Irritability/mood disturbance
- Daytime sleepiness
- Motivation/energy/activity
- Tension/headaches/GI symptoms
- Concerns/worries about sleep

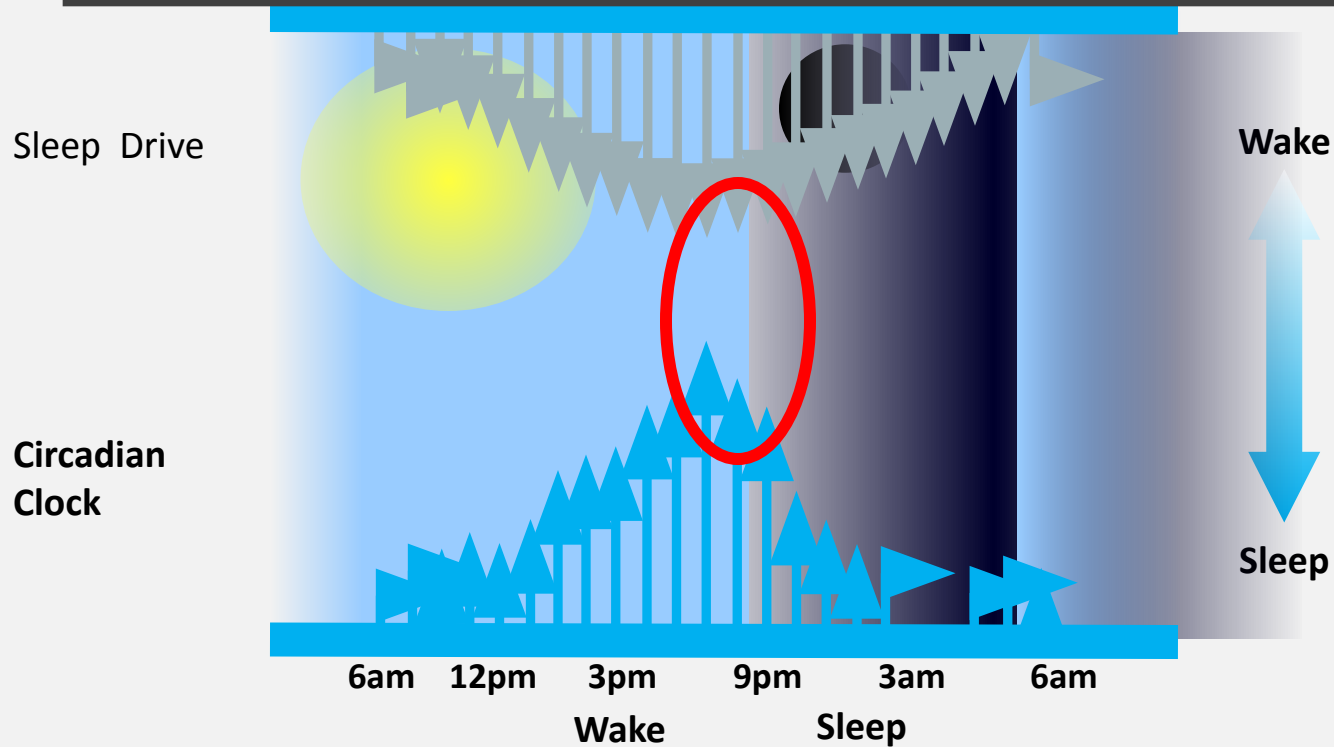


SOME THINGS TO KNOW ABOUT SLEEP

Sleep Processes



SLEEP/WAKE REGULATION SLEEP DRIVE (S) & CIRCADIAN CLOCK (C)



Adapted from Edgar DM, et al. *J Neurosci*
Courtesy of Phyllis Zee

Sleep

Arousal System

Safety system

Allows response to danger

If it's overactive, it can override
sleep promoting system & interfere
with sleep promotion

Sleep Drive

...s sleep &
...re

...uring the
...we are

...eases
...ght as we
...ep

Circadi
Internal

Coordinate
sleep &

RECIPE FOR A GOOD NIGHT'S SLEEP

```
graph BT; A((Sleep is correctly placed within the 24 hr clock)) --> B[RECIPE FOR A GOOD NIGHT'S SLEEP]; C((Sleep drive is strong)) --> B; D((Arousal is low)) --> B;
```

**Sleep is
correctly
placed
within the
24 hr clock**

**Sleep
drive is
strong**

**Arousal is
low**

THE GOOD SLEEPER



Gets sleepy



Goes to bed



Turns off lights



Falls asleep
quickly

POOR SLEEPER



Gets sleepy (or not)



Goes to bed



Turns off lights



Feels awake – like someone turned on a light switch in his/her mind



Tries hard to sleep and becomes frustrated and anxious



Night after night of struggling leads to chronic insomnia

WHAT INDIVIDUALS WITH INSOMNIA OFTEN DO...

Go from wake activities to bed without any wind down time

Go to bed for reasons other than being sleepy

Read and watch TV in bed

Lay awake in bed – worry, toss, turn

Sleep in later and try to “catch up” which leads to an irregular sleep schedule

Nap to compensate for poor sleep

WHAT HAPPENS...

- Weakens the internal clock's signals
- Decrease the sleep drive
- Frustrating to the insomnia sufferer (arousal)
- Strengthens association between bed/bedroom and wakefulness/alertness

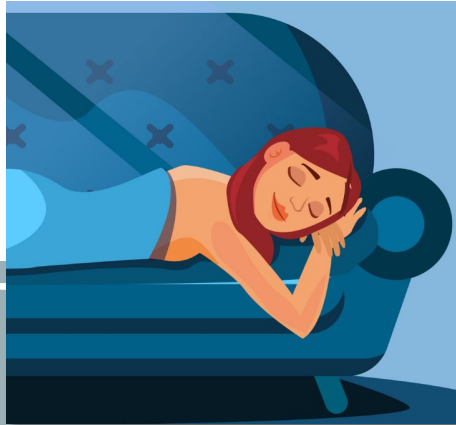
COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)



GOALS:

- Understand the fundamentals of sleep and overall good sleep habits
- Consolidate sleep so it is less fragmented
- Develop a consistent sleep-wake pattern
- Improve overall sleep quality

HEALTHY SLEEP TIPS



PUT THE DAY TO REST

Set a specific time (~15-20 min).

What are the things that typically go through your mind in bed?

Journal, make a list, seek advice.

Review what happened that day, how things went, your feelings about it.

Make a “to do” list so you can wrap up any loose ends and be prepared for the next day.

Set aside “worry time.”

Use your time to feel organized and in control.

When you are in bed and things pop into your mind, remind yourself that you have already dealt with it or you’ll deal with it tomorrow.





RELAXING, “WIND DOWN” TIME BEFORE BEDTIME

Going straight from our evening activities to bed can be very stimulating and prevent falling asleep.

A regular pre-bed routine can signal our body and mind that sleep is just around the corner,

Do something relaxing prior to going to bed.



ESTABLISH A CONSISTENT SLEEP-WAKE SCHEDULE

Leads to a sleep routine.

Pick a time to go to bed and wake up that fits with your daily activities/routine.

A regular wake-up time sends a power signal to our internal clock.

Set the alarm and put it across the room.

Have your significant other wake you.

Schedule early morning activities or other commitments to get you out of bed.



GET OUT OF BED WHEN UNABLE
TO SLEEP / AVOID WAKEFUL
ACTIVITIES IN BED

Staying in bed when you can't sleep and/or engaging in wakeful activities in bed will only condition you to be awake in bed more often.

15-minute rule: Get out of bed when unable to sleep and engage in a quiet, relaxing activity until you feel sleepy again, then try to get back into bed. It also helps to keep the lighting low.

Try to avoid wakeful activities in bed (reading, TV, lounging, etc.).



DON'T WATCH THE CLOCK

Watching the clock puts unnecessary pressure on people with insomnia that is not conducive to sleep.

When the clock is not in view, it becomes less important what time it is and energy can be devoted to relaxing and sleeping.

Turn the clock around or put it someplace you can't see it.



HEALTHY NAPPING

If you have trouble with sleep, you may want to avoid daytime napping in order to build your sleep drive, but naps can be very useful if done correctly!

Healthy nap tips:

- No later than 7-9 hours after wake time

- Nap in bed

- Naps should be no longer than ~30 minutes

- No more than one nap per day

- Set an alarm

COMFORTABLE SLEEP ENVIRONMENT

Dark shades for your bedroom windows or an eye mask.

Keep a comfortable room temperature.

Hot bath or shower up to 2 hours before bedtime may help to induce sleep.

Consider using earplugs, fan, or white noise machine/app.

Be aware of safety.



EATING BEFORE BEDTIME

Don't eat a heavy meal before bed.

Digestive activity slows during the night.

You may not be able to fully digest food eaten close to bedtime or during the night and this can interfere with sleep.

Don't go to bed hungry.

Hunger can cause you to wake or prevent falling asleep.

Consider having a light snack before bed.



ALCOHOL

Alcohol is a depressant.

Although people find it relaxing and often use it to sleep, even a moderate amount of alcohol can interfere with sleep later in the night.

Alcohol causes sleep fragmentation and makes sleep very restless.

Alcohol can cause dehydration, which causes people to awaken thirsty or to use the restroom.

Alcohol can be dangerous when taken with sleep medication.

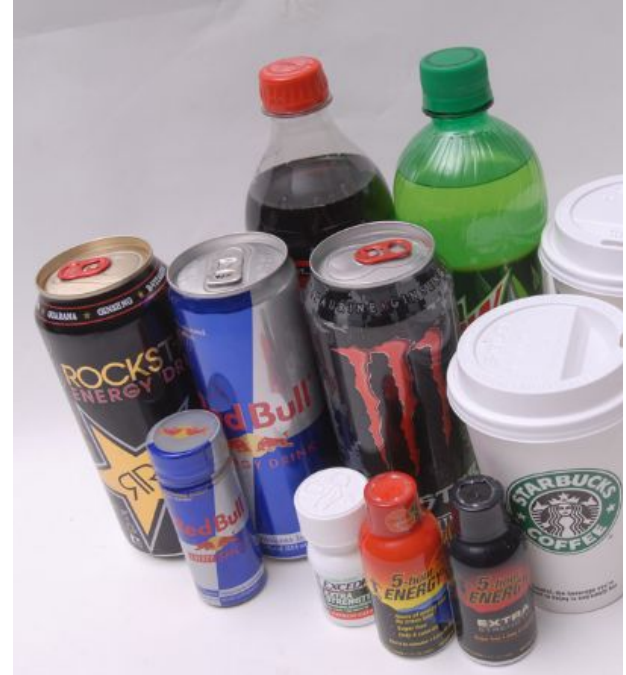


CAFFEINE

Avoid too much caffeine and caffeine later in the day.

Caffeine is a stimulant that interferes with the natural sleep cycle.

Caffeine stays in your body for a long time.



NICOTINE

Avoid nicotine at least 2 hours before bedtime and during the night.

Nicotine is a stimulant despite the fact that many who use it find it relaxing.

Nicotine interferes with falling asleep and staying asleep.



SCHEDULE REGULAR DAYTIME ACTIVITIES, ROUTINES & EXERCISE

Strive to set up a regular daily schedule and stick to it.

Regular activities and routines send strong signals to our internal clock.

The time of day people exercise does not seem to make a difference in sleep quality – for most people, exercise at any time (other than within 2 hours of bedtime) seems to be better for sleep than no exercise at all.



GET OUTDOOR LIGHT

Light has a strong effect on our internal clock and therefore, our body rhythms.

Our sleep-wake rhythm can be adjusted by the use of light.

We can take advantage of outdoor light to improve our sleep pattern.

Try to spend 30 to 60 minutes outside during the day.



WEBSITES AND APPS

VA Path to Better Sleep

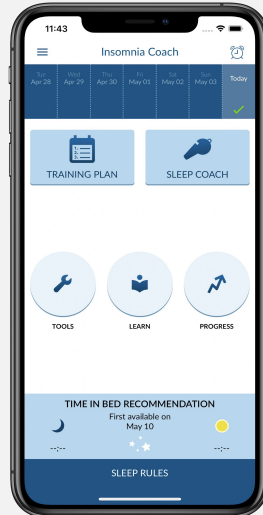
- <https://www.veterantraining.va.gov/insomnia/index.asp>

National Sleep Foundation

- <https://www.sleepfoundation.org/>

App

- Insomnia Coach





HOW DO I
ACCESS
CARE?

- Speak with your provider!
- In-person and telehealth options are available.
- Your provider can also refer you to Sleep Medicine if further evaluation is needed for suspected sleep disorders, such as sleep apnea.



THANK YOU!

QUESTIONS / COMMENTS



Whole Health

David Donaldson

Whole Health Coach

Phoenix VA Healthcare System

Live Whole Health.



Whole Health

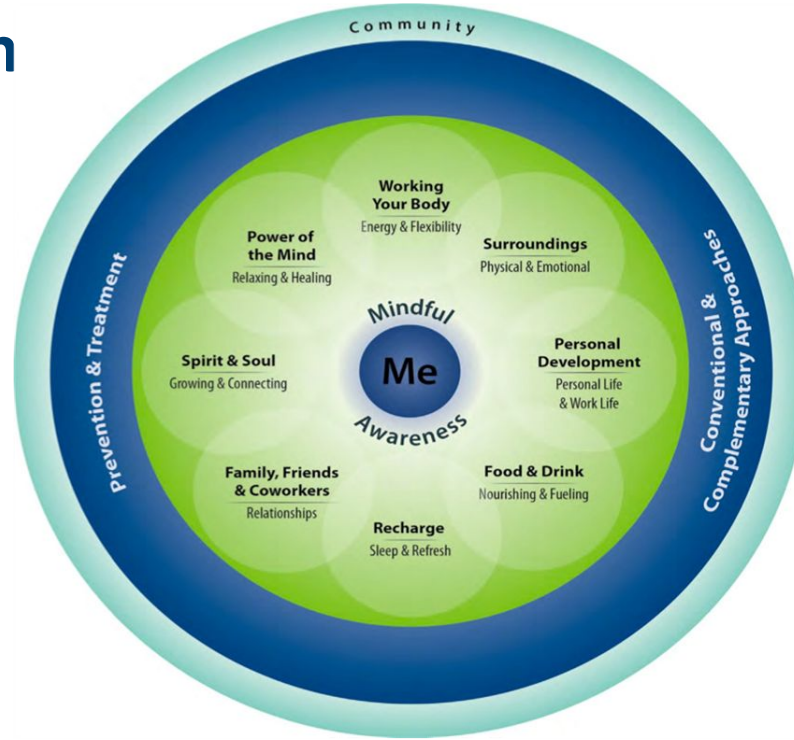
Phoenix VA Health Care System

David Donaldson, NBC-HWC

What is Whole Health?

Whole Health
is an approach
to health care that
empowers and **equips**
people to take charge
of their health and well-being
and live their life to the fullest.

Circle of Health



Whole Health Coaching

VHA Health Coaches partner with Veterans seeking self-directed, lasting changes, aligned with their values, which promote health and wellness and, thereby, enhance well-being.

In the course of their work, health coaches display unconditional positive regard for and a belief in the Veterans' capacity for change while honoring that each Veteran is the expert on their life.

Mindfulness

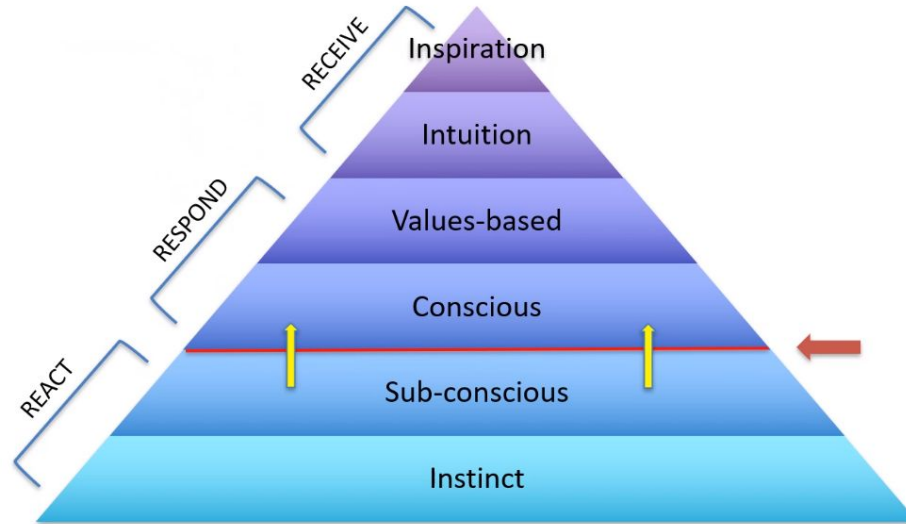
Mind Full, or Mindful?



Benefits of Mindful Awareness

Physical	Behavioral	Mental
Decrease in stress hormones	Increase in non-reactivity	Decreased anxiety, worry, anger, depression
Decrease in inflammatory molecules	Decrease in binge eating/Smoking cessation	Less emotional distress and rumination
Decrease in chronic pain	Decrease in sleep disturbance	Increased concentration, emotional intelligence, creativity and problem solving
Increase in immune function/Decrease in heart rate, blood pressure, and hypertension	Reduction in alcohol use and illicit substance use	

Barrett's Hierarchy of Decision-Making



Mindful Awareness

Mindful Awareness Resources

Five Finger Breathing Exercise

1. Hold out one hand, palm out and fingers spread.
2. Using the pointer finger of your other hand, trace the side of the fingers in the stretched out hand.
3. Breathe in as you trace up.
4. Hold your breath for a second.
5. Breathe out as you trace down.
6. Repeat for each finger.



Mindfulness Coach App

available on:



For more mindful awareness resources, visit the Whole Health Library at:

va.gov/wholehealthlibrary

Mindful Awareness Activity



Phoenix VA Whole Health

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Phoenix VA Health Care System

February 2024 - April 2024

Intro to Whole Health (WH)

Open to all Veterans, their support system (spouse, partner, child, caregiver, parent, etc.) and VA employees to learn more about:

- How to begin your Whole Health journey
- Whole Health approach
- Concepts behind Whole Health living and offerings

Monday | 2:30 – 3:30 p.m. (Virtual)

Wednesday | 9 – 10 a.m. (Virtual)

Friday | 1– 2 p.m. (Virtual)

Taking Charge of My Life and Health (TCMLH)

Six weekly guided work groups will provide you with the tools and support to:

- Explore what matters to you
- Complete a Personal Health Inventory
- Focus your goals on your values and needs

Tuesdays | 9 – 10:30 a.m. (Virtual)

Thursdays | 1 – 2:30 p.m. (Virtual)

Health and Wellness Coaching

Enhance your health and wellness with your own Health and Wellness Coach, who will support you in setting and achieving goals you create based on what is important to you.

*Health Coaching is offered in-person, virtually or by phone. Call to schedule with a Coach today!

2024, the Year of Self Care

This 9-week group that will guide you through exploring what matters most to you and building self-care toolbox to support living your best life.

Class starts January 31 - March 27

Wednesday | 1 -2:30 p.m.

(*In-person at 32nd St. Clinic)

To get started on your Whole Health Journey

Call: 602-277-5551 ext. 1281

Secure Message to: PHX VA VETERAN WHOLE HEALTH_WH

Live Whole Health.

va.gov/wholehealth

Whole Health Well-Being Offerings

February 2024 - April 2024

Well-Being Offerings

Well-being classes are offered Monday through Friday. Classes are designed to increase strength and balance while reducing stress and pain to support your health and well-being goals.

Chair Fitness

A variety of low impact and high energy fitness exercises from a seated position/or standing.

Monday | 9 - 10 a.m. (Hybrid)

(*In-person at Ability360, 2nd Floor Group Room

Wednesday | 1 -2 p.m. (Virtual)

Gentle Movement

Seated gentle movement.

Monday | 1 - 1:30 p.m. (Virtual)

Friday | 1 - 1:30 p.m. (Virtual)

Yoga Nidra

Guided meditation seated or laying down.

Monday | 1:30 - 2 p.m. (Virtual)

Friday | 1:30 - 2 p.m. (Virtual)

Advanced Fitness

High energy, fun, feel good standing fitness class for cardio and strength.

Friday | 9 - 10 a.m. (Virtual)

Beginner Yoga

Accessible, guided instruction for poses with modifications. Bring your own yoga mat and props (blocks, bolsters, etc.)

Tuesday | 4:30 – 5:30 p.m. (Virtual)

Tai Chi

Graceful and slow Tai Chi and Qi Gong movements which can be done seated or standing.

Tuesday | 11 a.m. - Noon (Virtual)

Thursday | 11 a.m. - Noon (Hybrid)

(*In-person, 32nd St. Clinic, 3rd Flr, South, Room 3A120)

Chair Yoga

Restorative, Yoga-based movements and stretching that can be done with the support of a chair.

Thursday | 9 - 10 a.m. (Virtual)

Fundamentals of Drawing

All you need is paper, pencil, paper towel, Q-tips, and eraser. Learn the basics of drawing from the comfort of your own home.

Thursday | 1 - 2 p.m. (Virtual)

Music Group

Sing or play music with fellow Veterans using your own instrument.

Tuesday | 3 - 4 p.m.

(In-person @ Topaz Clinic- Main Facility)

*Address for In-person Groups:

- Ability360: 5031 E. Washington St, Phoenix, AZ
- 32nd St. VA Clinic: 400 N. 32nd St, Phoenix, AZ
- Midtown: 5040 North 15th Avenue, Phoenix
- Carl T. Hayden: 650 East Indian School Road Phoenix, AZ

To sign up for Well-Being Groups/Classes

Call: 602-277-5551 ext. 1281

Secure Message: PHX VA VETERAN WHOLE HEALTH_WH

To sign up for Coaching or
Well-Being Groups/Classes
Call: **602-277-5551 ext. 1281**

Secure Message:
**PHX VA VETERAN WHOLE
HEALTH_WH**



Questions?





Session Evaluation

We want to hear from you!

