



Healthy sleep -  
fit with a  
system

INTERACTIVE HANDS-ON  
EVENT

# Contents / Overview



## Sleep basics

Better sleep through more knowledge



## Tweaks

Scientifically validated methods



## Closing

Summary  
Questions and answers

# About us



- Psychologists
- Active in occupational health management (BGM) for companies & institutions
- Acting on the basis of scientific principles
- Seminars, workshops, lectures, employee support & project management
- Certified consulting with BDP (Association of German Psychologists) seal of quality

# How stressed or burdened do you feel? (Average of the last four weeks)



▪ Absolutely no stress

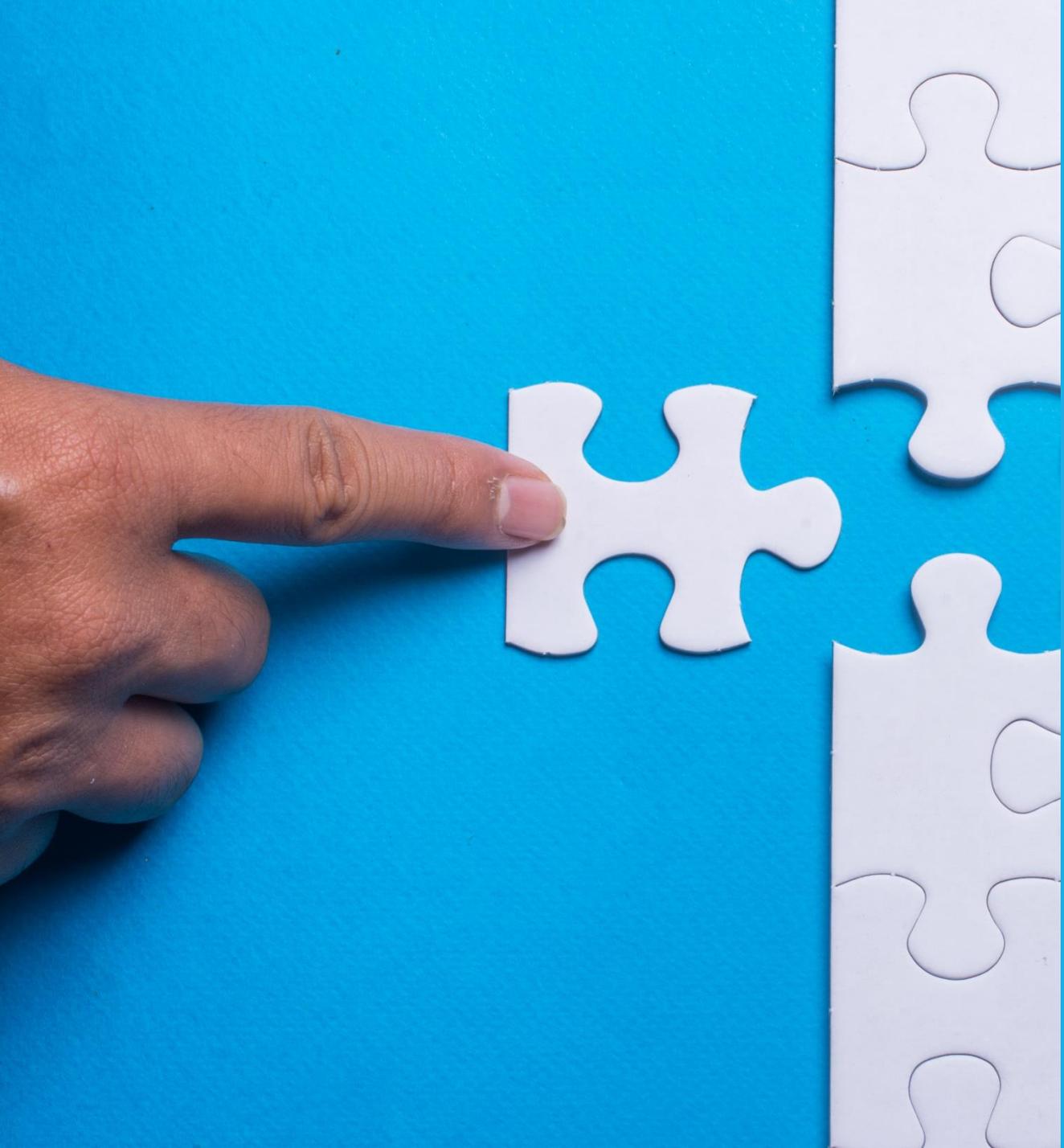
▪ Extreme stress

# How would you rate your current sleep quality? (Average over the last four weeks)



■ Very bad

■ Very good



# Fit with a system - basic knowledge

KNOWLEDGE IS POWER

# Frequency of difficulty of falling or staying asleep according to RKI

- Approx. 30% of Germans report problems falling asleep or sleeping through the night
- Problems sleeping through the night most common
- 12.3 % of adults suffer from too short sleep duration (<5 h)
- Women affected twice as often as men

Source: Schlack, R., Hapke, U., Maske, U. et al. Bundesgesundheitsbl. (2013) 56: 740. <https://doi.org/10.1007/s00103-013-1689-2>.

# Are you getting enough sleep?

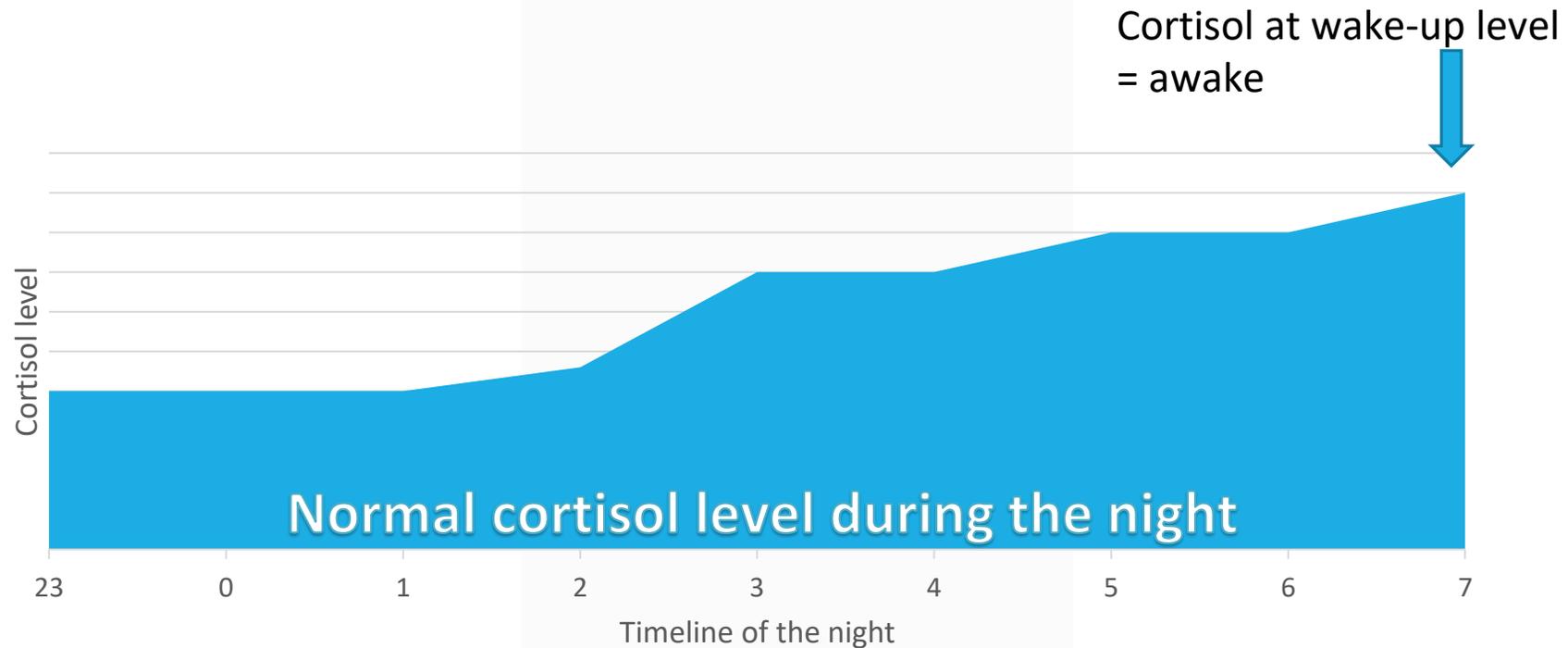
- 0 = would never fall asleep
- 1 = would hardly fall asleep
- 2 = would possibly fall asleep
- 3 = would most likely fall asleep

Sitting and reading	0	1	2	3
Television	0	1	2	3
Sitting in a public place (e.g. theatre, meeting, lecture)	0	1	2	3
As a passenger in the car for an hour without stopping	0	1	2	3
Lying down in the afternoon to rest when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3
In the car when stopped at a traffic light for a few minutes	0	1	2	3
Total				

# Result

- **0 - 6 points:** No medical need for action justified.
- **7 - 10 points:** Mild drowsiness without significant medical significance. A little more sleep at night would do you good.
- **11 - 15 points:** You could either have chronically too little sleep or your sleep is disturbed. You should possibly have a medical check-up.
- **over 16 points:** You have severe drowsiness in everyday life and should have this medically clarified. In addition entry into a prevention training or sleep program is recommended.

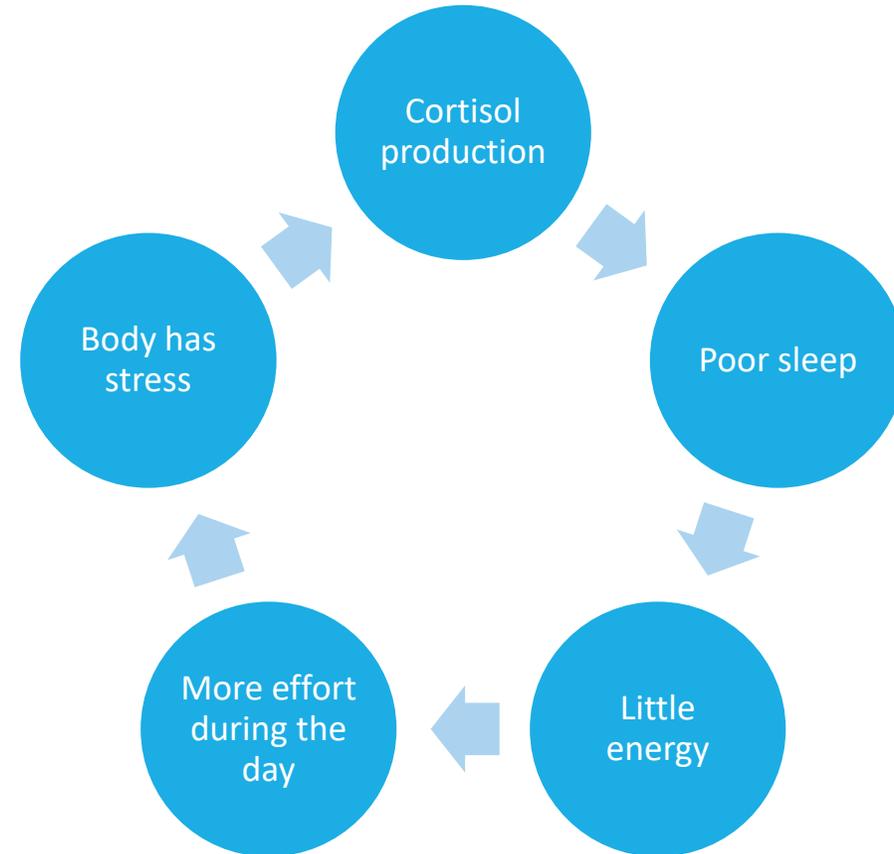
# Feeling burdened



- Melatonin: works until approx. 2 - 3 o'clock. Lowers heart rate & body temperature, lowers circulation, makes you sleepy
- Cortisol: is produced from 2 - 3 o'clock. Opponent of melatonin, wakes you up

# Stress affects sleep affects stress....

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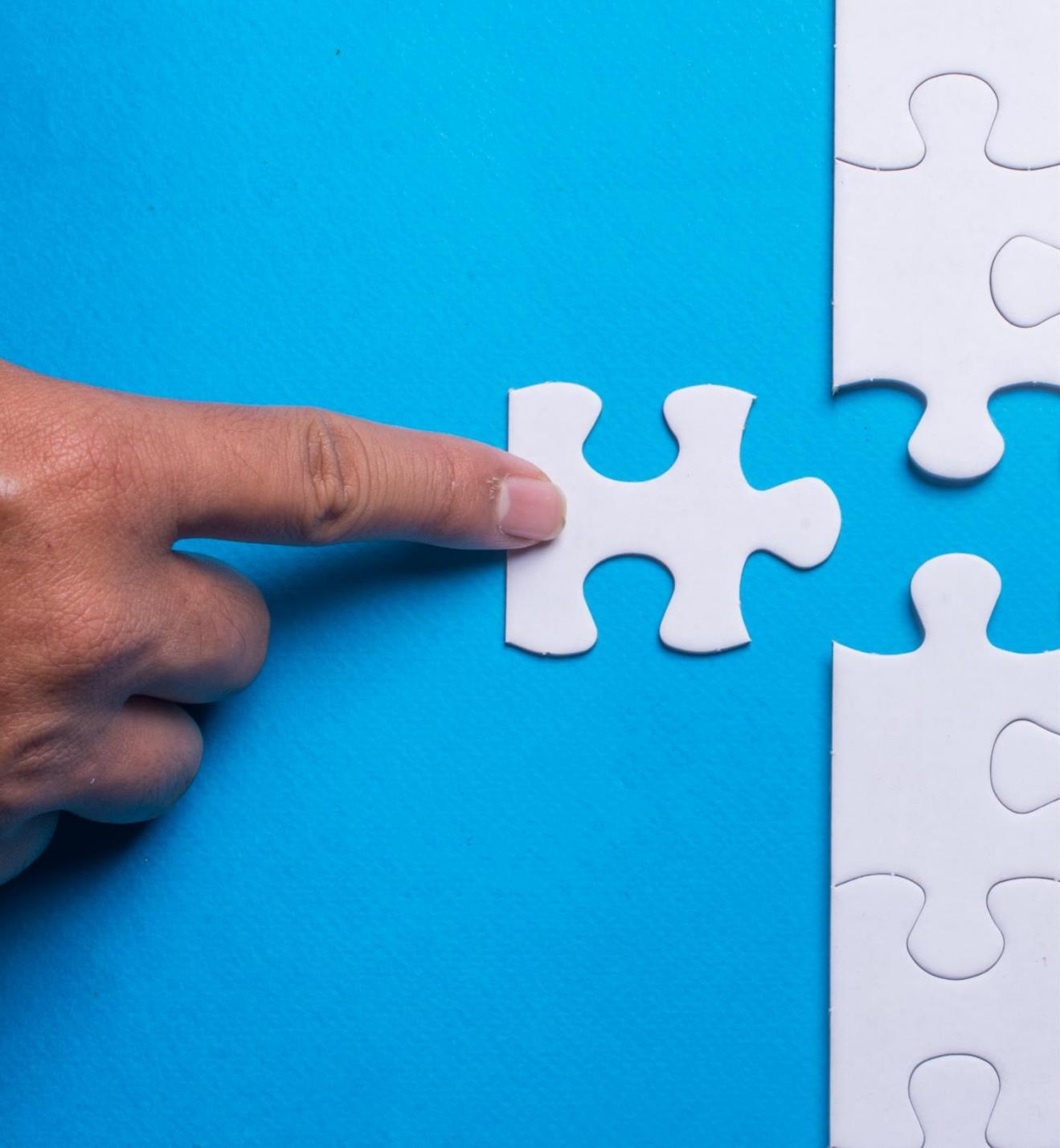
# Consequences of sleep disorders

## SHORT TERM

- Lack of energy
- Headache
- Hunger
- Daytime drowsiness
- Power drop
- Cognitive impairment (e.g., increased risk-taking behaviour).

## LONG-TERM

- Impaired cell regeneration, thus faster aging process and poorer wound healing
- Weight gain
- Cognitive deficits
- Stress effects
- Impact on businesses - costs approx. 1% of GDP (in Germany = 32 billion euros!)



# Fit with a system - Tweaks

CHANGE YOUR BEHAVIOR,  
THEN YOUR SLEEP CHANGES

**Table 13**  
**Psychotherapy of primary insomnia: CBT-I**

*Relaxation I*

Physical relaxation, progressive muscle relaxation

*Relaxation II*

Mental relaxation, picture of rest, imaginary journeys, mindfulness

Rules for healthy sleep / Structuring of sleep rhythm

Information on sleep and sleep disorders, sleep hygiene, sleep-wake rhythm structuring, stimulus control, sleep restriction

*Cognitive techniques I*

Recognize cognitive vicious circles and self-fulfilling prophecies, thought chair

*Cognitive techniques II*

Cognitive restructuring of dysfunctional spiraling thoughts (ruminating)

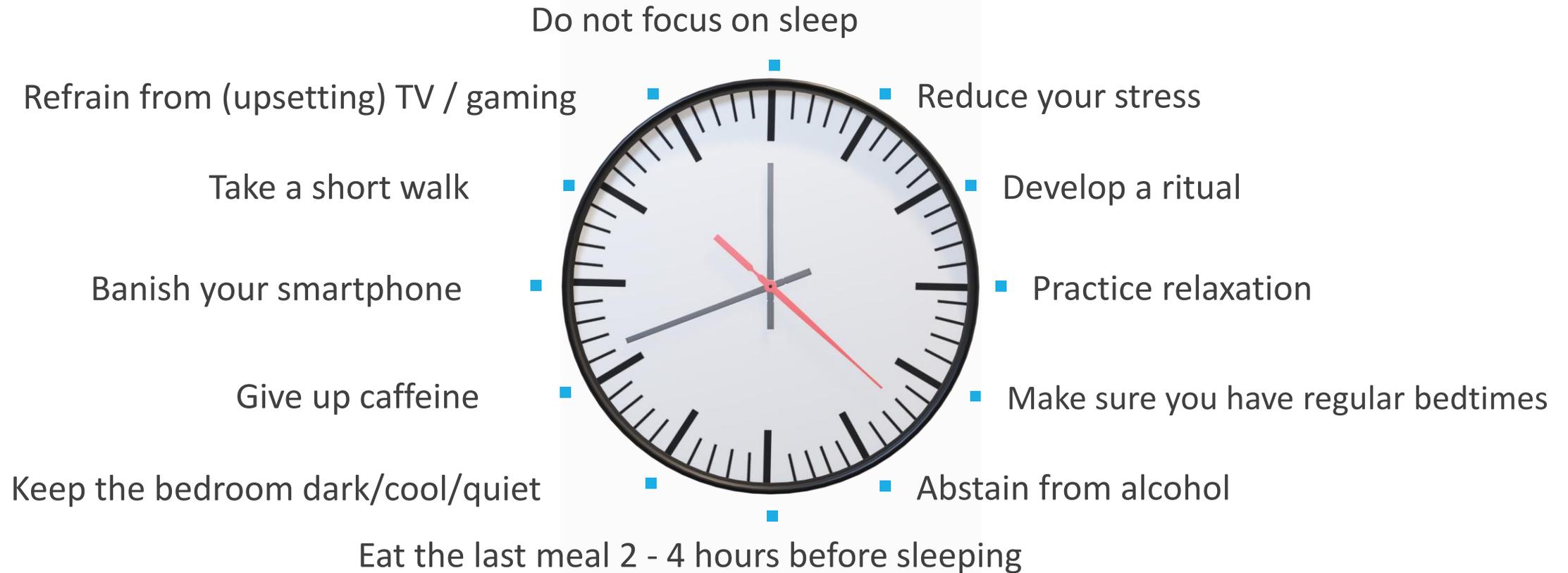
# Guidelines of the DGSM\*

Key pillars:

- Relaxation training
- Creation of rituals
- Education
- Self-reflection
- Stimulus control
- Restructuring

■ = German Society for Sleep Research and Sleep Medicine

# The sleep clock - 12 rules for better sleep



# Stimulus control: forming new habits



## BED ONLY TO SLEEP

Do not spend time in bed outside of sleep



## NO SLEEP DURING THE DAY

Increase pressure to sleep by preventing rest during the day



## REGULAR TIMES

Always get up at the same time, even after a bad night/on weekends.

# Cognitive techniques - Mental restructuring

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1. Only go to bed when really tired
  2. Turn off light immediately
  3. If still awake after 20 min: Get up and go back to step 1.
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- Estimate 20-minute interval, don't look at watch or smartphone.
  - Leave the room while awake



# Cognitive Techniques - Thought Chair

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When the mind doesn't want to switch off...

1. Approx. 10 - 15 min. before going to bed (or more than 20 min. if lying awake) always sit in the same place.
2. Let everything run through your head that might make you worry or agitate you
3. Write everything down
4. Only then go (back) to bed

# Recommendation of the DGSM: Systematic relaxation

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- Progressive muscle relaxation (PMR)
- Mindfulness (MBSR)
- Breathing exercises
- Autogenic training

Proven to help with sleep problems - switch your mind off.

# Conclusion



IMPLEMENT MENTAL &  
BEHAVIORAL STRATEGIES



BE CONSISTENT & DISCIPLINED IN  
IMPLEMENTATION



BETTER TO TAKE SMALL STEPS  
THAN TO CHANGE EVERYTHING  
AT ONCE

# Further resources / Evaluation



## Evaluation

5 questions - anonymous  
- max. 60 sec.



## Relaxation

Science based  
relaxation



## Tips

Downloads: Books,  
Load Test, Links

# Thanks a lot!

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