

On Track



Education & Support
Cognitive Behavioural Groups

Spring & Summer 2009

Contents...

Sleep Tips
page **3**

Book Nook
page **2**

Sleep & Anxiety
Free Info Night
page **4**

On Track

A publication of

ADAM
Anxiety Disorders
Association of Manitoba

100 - 4 Fort Street
Winnipeg, MB R3C 1C4

Tel: (204) 925-0600
Toll Free: 1-800-805-8885
Fax: (204) 925-0609
E-mail: adam@adam.mb.ca
Web Site: www.adam.mb.ca

Editor: Wendy Fergusson

FROM THE DESK OF THE EXECUTIVE DIRECTOR

While the economy is taking its toll on society in general, we should be taking stock of our anxiety. Far too often, when things get difficult, we have a tendency to forget coping strategies and let our anxiety rule. Even though those around us may be in turmoil, remember to Stop, Relax, and Breathe.



We need to take care of ourselves first if we ever intend to take care of others. Remembering our strategies to cope, often allows us to keep cool and level-headed when dealing with anxiety provoking situations.

Take stock of what is happening around you and within you. If you do so regularly, you will learn to recognize signs and symptoms quickly and thus ward off any high anxiety. If you're struggling with sleep - be sure to join us for our FREE Information night on Sleep & Anxiety.

Step back and take time to be good to yourself!

Bruce Sielski - Executive Director ADAM

Don't fight
with the pillow,
but lay down
your head
And kick every
worryment out of
the bed.

~Edmund Vance Cooke
(1866 - 1932)

ADAM Ongoing Support Group

Location: 100 - 4 Fort Street
Time: 6:30 to 8:30 p.m.
Every Monday Night

*Enter at 4 Fort Street
(corner of Fort and Assiniboine)

This is a drop in support group for anyone who has completed a cognitive behaviour program either through ADAM, St. Boniface Hospital Anxiety Disorders Clinic or other facilities. There will be a topic each evening followed by an opportunity for sharing information and experiences. There is no charge.

For more information, call **925-0600**.

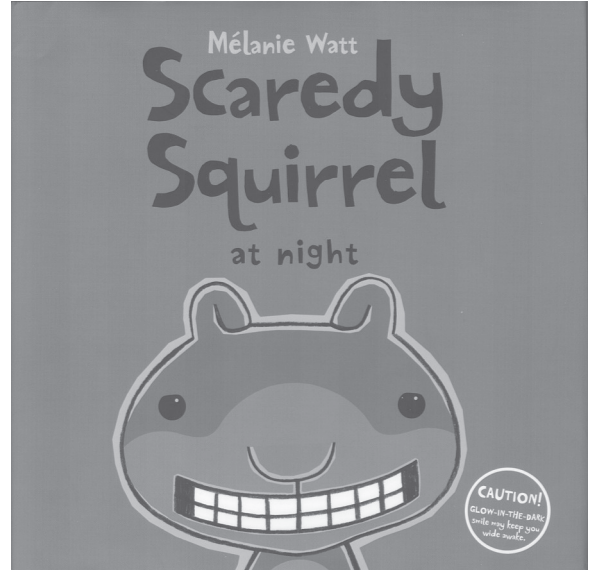
BOOK NOOK

Scaredy Squirrel at Night

by Mélanie Watt

Scaredy Squirrel never sleeps – it's way too scary. He could have nightmares about dragons, fairies, or vampire bats. So, Scaredy keeps himself awake with numerous activities such as scrapbooking. But, not sleeping has some nasty side effects including energy loss, moodiness, and drowsiness. One day Scaredy discovers that all his dreams are about to come true. He must prepare for the worst. In order to face his bad dreams Scaredy needs cupcakes, safety cones, a fire extinguisher, and many other items. Join him as he confronts yet another fear in this his fourth adventure.

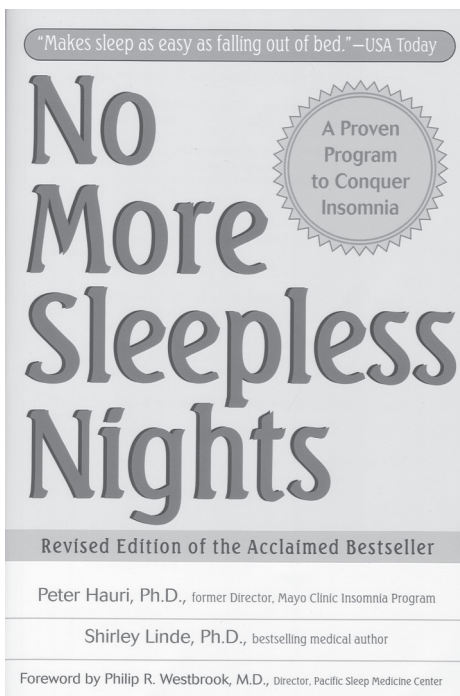
A delightful book for all ages. Just a word of warning, Scaredy Squirrel requires everyone to check under their beds before reading his book.



No More Sleepless Nights (Revised Edition)

by Peter Hauri, Ph.D., & Shirley Linde, Ph.D.

Written by the former director of the Mayo Clinic Insomnia Program (Peter Hauri, Ph.D.) and a bestselling medical author (Shirley Linde, Ph.D.), *No More Sleepless Nights* is a comprehensive guide to dealing with the problem of insomnia. Despite its somewhat threatening size (284 pages) this book is actually quite an easy read. It is very well organized into many, more than manageable sections. Topics covered include: Facts About Sleep, Types of Insomnia, Relaxation Techniques, Diet, Exercise, Resetting Your Sleep Clock, and more.



Throughout the book we are introduced to individuals who have struggled with a wide variety of sleep-related problems. Since there are many reasons for insomnia readers are encouraged, in a sense, to become their own sleep therapists. This is accomplished by filling out your own Sleep Log and Day Log (examples are provided) and tracking what does / doesn't work for you. Many practical tools are provided. Through experimentation you are able to develop your own customized sleep therapy program. The authors also indicate when it is important to seek professional help and point the reader to available resources.

I highly recommend this book to anyone who struggles with sleep. Besides, if you're not sleeping anyway – you might as well be reading!

Reviewed by Wendy Fergusson

SLEEP TIPS

By Jason Ediger, Ph.D., C.Psych and Wendy Fergusson

Sleep is a natural and necessary part of life. While no one needs to learn to sleep, as human beings we often find that our modern lifestyle interferes with our sleep pattern in some way. This can be particularly true for individuals who also struggle with anxiety problems. Here are some sleep tips for those of you suffering from insomnia and excessive daytime sleepiness. Sleep cycles respond best to routine and consistency. These tips do not necessarily create an overnight fix, but they can help create an environment that maximizes your body's natural tendency to sleep when tired.

Note: If you do not have sleep problems and you don't follow all of these tips that is okay. These suggestions apply primarily to situations where change is needed.

DO's

1. **DO ... Set specific times to wake up and go to sleep** (even if you are not able to fall asleep at your sleep time it is essential to get up at your set wake time). It is important to stick to this schedule *7 days a week*.
2. **DO ... Make your bedroom a restful space.** It should be cool, quiet, and dark. Reduce clutter, keep linens clean, and be sure you have a mattress and pillow that are suitable for you.
3. **DO ... Reserve the bedroom for sleep and sexual activity.** By doing so, you begin to associate this space with feelings of rest and intimacy.
4. **DO ... Develop a "getting ready for bed ritual."** Reduce stimulating activities and introduce relaxing ones a couple hours before bedtime i.e. read a book that isn't too interesting, listen to calming music, meditate, practice specific relaxation techniques, take a warm bath ...
5. **DO ... Exercise in the morning or afternoon.** 30 minutes of exercise daily can help you sleep at night. (Avoid aerobic exercise in the evening as this can make it difficult to fall asleep.)
6. **DO ... Cover your alarm clock.** A watched clock never moves and does not facilitate sleep. It often impairs it! Throw an old t-shirt over it so you can be sure to hear the alarm in the morning, but you can't see the time.

Dr. Jason Ediger is a clinical psychologist at Seven Oaks General Hospital specializing in the interplay between psychological and physical health. He is also an ADAM board member.

Wendy Fergusson is the ADAM Public Education Coordinator. She has struggled with sleep for most of her life and finds many of these tips to be helpful.

DON'Ts

1. **DON'T ... Nap during the day.** If you do get tired at points throughout the day try going for a walk or switching to a different activity (sometimes a change really is as good as a rest).
2. **DON'T ... Stay in bed if you have not fallen asleep after 20-30 minutes.** Go to another room and do something that is not stimulating. This way you will begin to associate the bedroom with sleeping easily rather than with the inability to fall asleep.
3. **DON'T ... Drink alcohol or caffeinated beverages for a few hours before bedtime.** Although alcohol does have some sedating properties it often disrupts sleep patterns later in the night causing you to have a fragmented, non-refreshing sleep. As for caffeine, there is a reason why we drink coffee to wake up in the morning.
4. **DON'T ... Eat a heavy meal or spicy food before bed.** These things make your body work harder and often create physical sensations that interfere with sleep onset.
5. **DON'T ... Watch television or play with your laptop in bed.** Although you may think this is just white noise the constantly shifting light from the screen can seriously impair your ability to fall asleep.
6. **DON'T ... Focus on important matters immediately prior to bedtime.** If you seem to be taking your worries to bed with you there are a number of techniques that can help you let go such as:
 - √ Keep a pen and paper by your bedside so you can jot down your worries and thus let go of them until the next morning, and / or
 - √ Decide on a specific "worry time" when you can focus on these thoughts the next day.

Check out the
FREE INFORMATION NIGHT on
Sleep & Anxiety with Dr. Ediger
advertised on the back page of this
publication.

Sleep & Anxiety

FREE Information Night

with

Dr. Jason Ediger
C. Psych.

Tuesday,
May 5, 2009

7 pm - 9 pm

4 Fort Street

Pre-registration required

925-0600

www.adam.mb.ca

Discover:

- ◆ Sleep Myths
- ◆ How Worry can Impact Sleep
- ◆ Tips for getting a Good Night's Sleep

Please be SCENT-FREE!

ADAM

Anxiety Disorders
Association of Manitoba