RESTORE Descriptions

Overview

The RESTORE™ program consists of six sessions that vary from 25 to 40 minutes. This program provides individuals the opportunity to learn about insomnia and the associated causes and risks, focus on sleep hygiene skills, and learn new skills to get a better night’s sleep.

After a two-minute introductory video, the client is asked to complete a 22 question survey on their general wellness and sleep habits.

Session 1

In the first session of RESTORE, the client is provided with psychoeducation about Cognitive Behavioral Therapy (CBT) for insomnia. The client learns about psychological and medical causes for insomnia. The narrator elaborates on how insomnia is often caused by the body becoming conditioned to sleepless nights that can lead to a “cycle of insomnia.” The client is taught that this cycle often leads to changes in their hyperarousal, thoughts, habits, and consequences.

Next, the client is taught about the importance of realistic sleep expectations and goals. The client then formulates four of their own realistic sleep goals for time to fall asleep, total sleep time, number of sleeping pills taken, and total awake time. This is subsequently applied to the client’s sleep diary entries.

The client learns that the more work they put into the program, the better the outcome. They are then given a homework assignment in which they are asked to track their sleep through a sleep diary. An additional homework assignment is for the client to avoid looking at the clock at night. This session concludes by highlighting the importance of scheduling time to work on the program and its homework assignments on a weekly basis.

Session 2

At the beginning of session 2, the client is asked a three question survey regarding how much of their homework from session 1 they were able to complete. In addition, the importance of not looking at the clock is highlighted to the client again.

Next, the client is introduced to four exercises of applied relaxation: paced breathing, progressive or deep muscle relaxation, imagery-induced relaxation, and self-hypnosis. The client is encouraged to practice these exercises before going to sleep to help facilitate relaxation. These exercises are available at any time via the Resource Room. For homework,
the client is asked to try to practice one of more of the relaxation exercises at least once per day and to continue working on their sleep habits from session 1.

**Session 3**

At the beginning of session 3, the client is asked a three question survey regarding how much of their homework plan they were able to complete. If the client did not practice the exercises at all or only 1 or 2 times, some tips are offered for ways to more successfully complete the exercises.

Next, the client learns about stimulus control and its usefulness to improve sleep. In particular, the client is taught about the stimuli that foster wakefulness and strategies to avoid doing these in the bedroom. In addition, the client learns about stimuli and behaviors that promote sleepiness and how to implement these strategies in their home.

The client then learns about what sleep restriction is and how to exhibit it in their home. Specifically, the client learns about the importance of inducing a temporary state of sleep deprivation and how to practice it in their sleep schedule. In addition, the client is introduced to a “sleep calculator” which utilizes a formula to help them calculate their optimal sleep window.

Next, the client learns about the risks of taking medications to try to fall asleep and the vicious cycle that can lead to dependence to sleep medications. For homework, the client is asked to practice the techniques of sleep restriction and stimulus control learned earlier in this session. In addition, the client is encouraged to continue to fill in their sleep diaries as frequently as possible.

**Session 4**

Session 4 begins with a review of homework from the previous week, including a short three question survey regarding how much of their homework plan they were able to complete. The client learns how to identify and challenge unhelpful automatic thoughts about how sleep can negatively impact our sleep. Subsequently, the program introduces strategies regarding how to replace unhelpful thoughts with more helpful ones. To conclude the session, the client completes an exercise where they are asked to enter their own Automatic Thoughts and helpful thoughts (Coping Thoughts).

**Session 5**

Session 5 begins with a review of homework from the previous week, including a short three question survey regarding how much of their homework plan they were able to complete.
The narrator introduces the importance of Sleep Hygiene to the client. Sleep hygiene refers to the numerous factors that promote or prevent sleep. Some habits that impact sleep include: Lights in the bedroom, eating, exercise, alcohol, napping, smoking, caffeine, temperature, sleeping with a noisy bed partner or pet. The client is then asked to choose a few factors to work on during the next week’s homework by completing the interactive program shown on screen.

**Session 6**

Session 6 begins with a review of homework from the previous week, including a short three question survey regarding how much of their homework plan they were able to complete. Next, the client is introduced to “Mindfulness”, including mindful observing and mindful listening, which focuses on the present moment as opposed to concerns about the future or regrets from the past. For homework, the client is asked to practice mindful observing and mindful listening each day for about 20 minutes while continuing to fill in sleep diary entries.