

Your guide to reprogramming
yourself to sleep

SLEEP

Mindtime's method



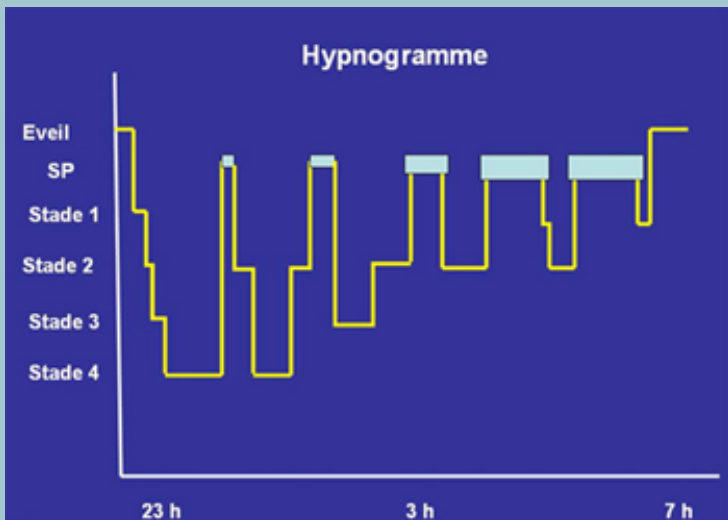
WHY REPROGRAM TO SLEEP?

*To regain the ability to take a step back
in our daily lives and to enjoy doing
things..*

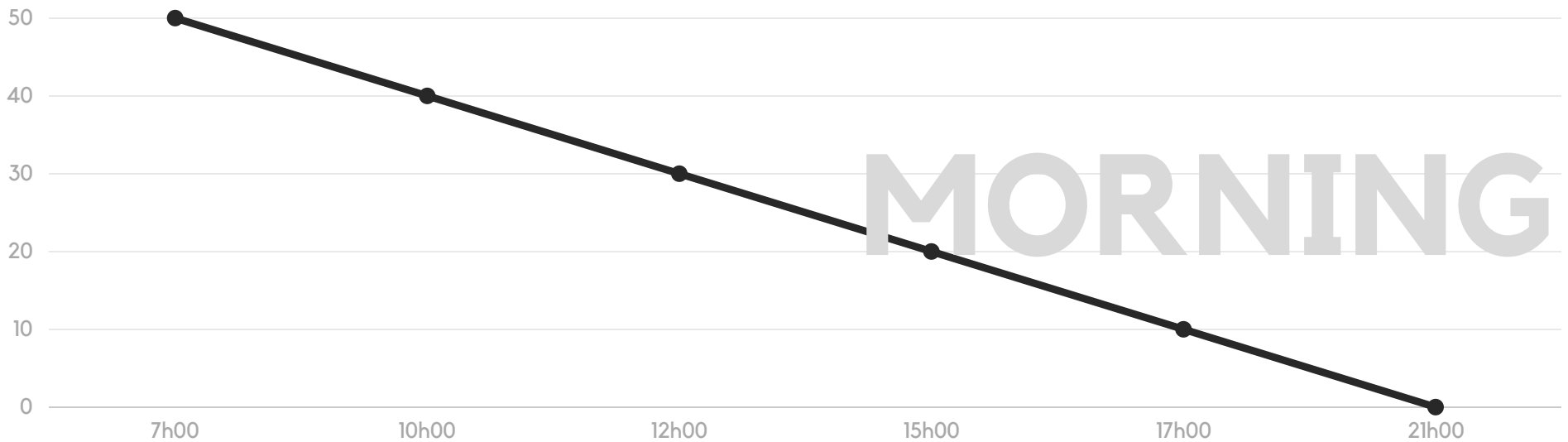
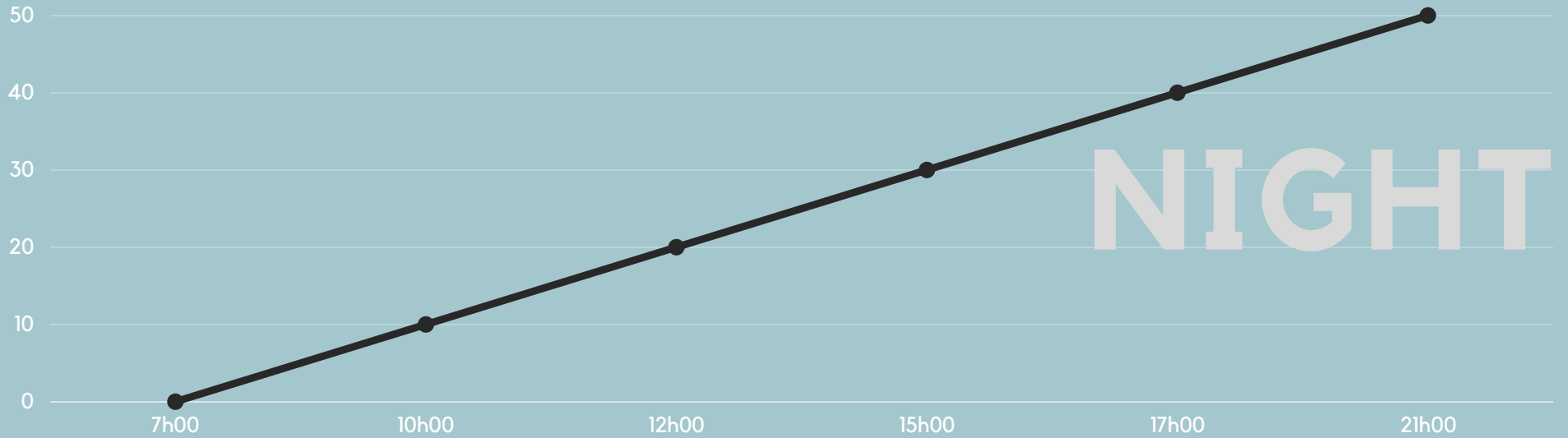
*The first neglected occupation, however,
represents 33% of our day..*

UNKNOWN UNIVERSE

4 to 6 cycles
90 to 110 min. / cycle



WHAT TYPE ARE YOU?



LAKE GRANADA

54°33'N 110°03'W

Surface area: 373 km²

Average depth: 49.9 m

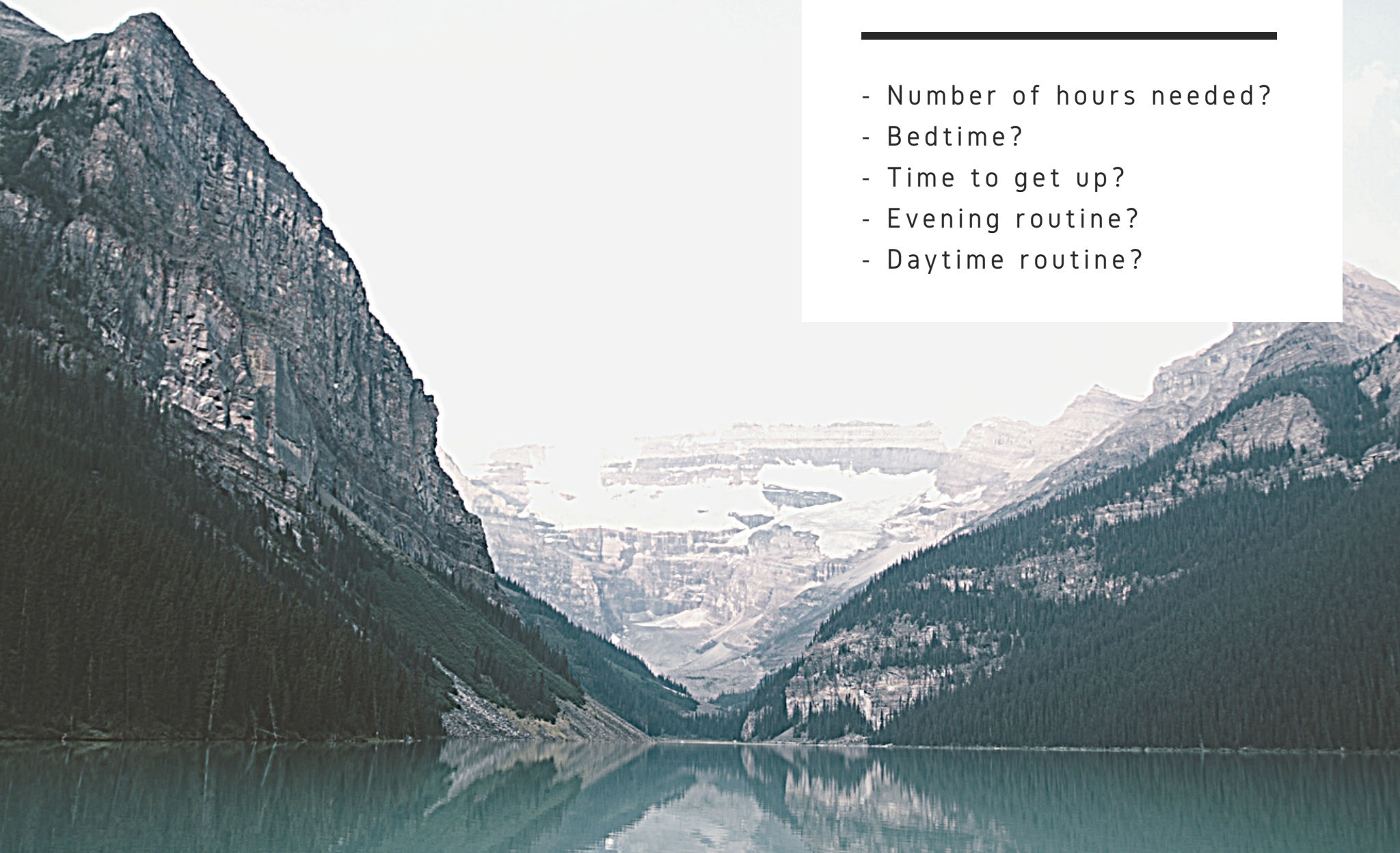
Max. depth: 99.1 m

Surface elevation: 535 m



WHAT ARE YOUR PARAMETERS?

- Number of hours needed?
- Bedtime?
- Time to get up?
- Evening routine?
- Daytime routine?



"In more severe cases, the reference treatment is continuous positive airway pressure (CPAP). This is a device that allows air to be blown into the airways at a certain pressure, using a mask that covers the nose or the nose and mouth. This pressure opposes the airway closure that causes apnea, and is the most effective treatment for sleep apnea syndrome."

Sleep disorders: apnea

<https://www.chuv.ch/fr/sommeil/cirs-home/patients-et-familles/les-troubles-du-sommeil/lapnee-du-sommeil>



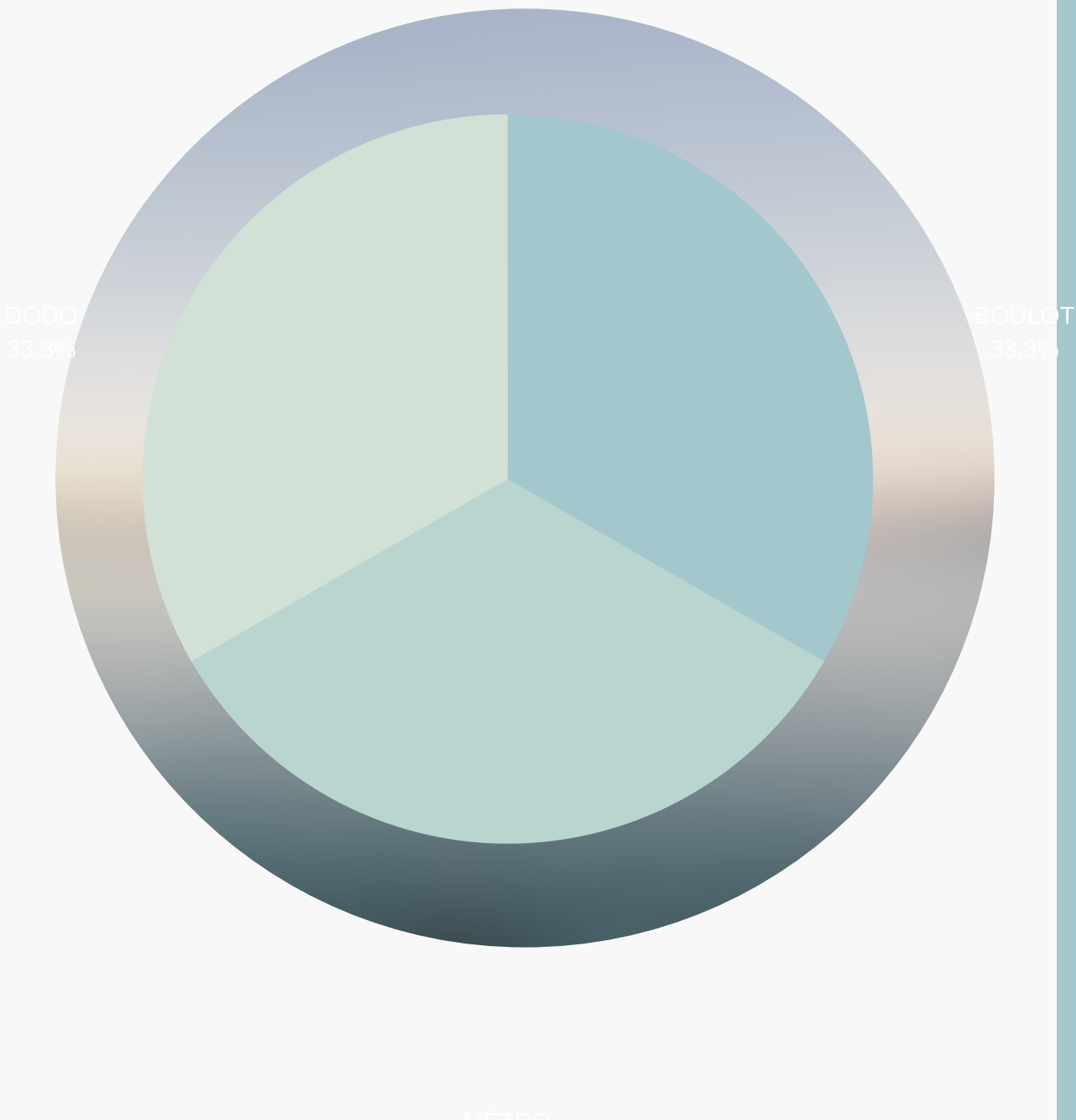
INSOMNIA

It only takes a few bad nights to develop anxiety about going to bed. Sleep is prepared during the day!

- reduce rumination and negative thoughts about sleep

- manage worries by giving yourself a WORRY TIME during the day

- Krystel Parenteau, biologiste et M.ergothérapeute



DISORDERS OF THE INTERNAL CLOCK

Dysregulation of melatonin secretion.
What to do?

- Weekend and weekday schedule: same (especially getting up)
- No soft drinks, caffeine after 3:00 pm
- Quiet activity outside of bed half an hour before bedtime
- Exposure to daylight before noon

YOUR SLEEP ROUTE

Sleep hygiene

It is important to reprogram yourself properly and then you will see what works best:

- Bed = sleep and sexual activities
- Night-time awakenings: after 15 minutes...
"out for a boring activity"
- Naps: less than 30 minutes (conscious rest), during the day, before 3:00 pm
- Physical activity: every day (walking, running, swimming, yoga, weight training)
- Light meals in the evening, magnesium or herbal tea in the evening (alcohol does not help to reach the deep stages of sleep)
- Room: dark, cool, heavy blankets

Laboratory recordings have shown that people sleep more than they think and that the duration of nighttime awakenings is often overestimated. It is preferable to look for a well organized and continuous sleep rather than a prolonged sleep



WHAT TO DO NOW?

THANK YOU!

Review your expectations
of sleep

Reprogramming to sleep

ASK YOURSELF

- IS IT POSSIBLE TO HAVE A GOOD NIGHT'S SLEEP - RESTFUL WHEN YOU WAKE UP?
- AM I FUNCTIONAL DURING THE DAY?

INCLUDE

- ALLOW TIME FOR WORRY TIME
- JACOBSON'S TYPE OF RELAXATION

TYPICAL WEEK

DAY 1

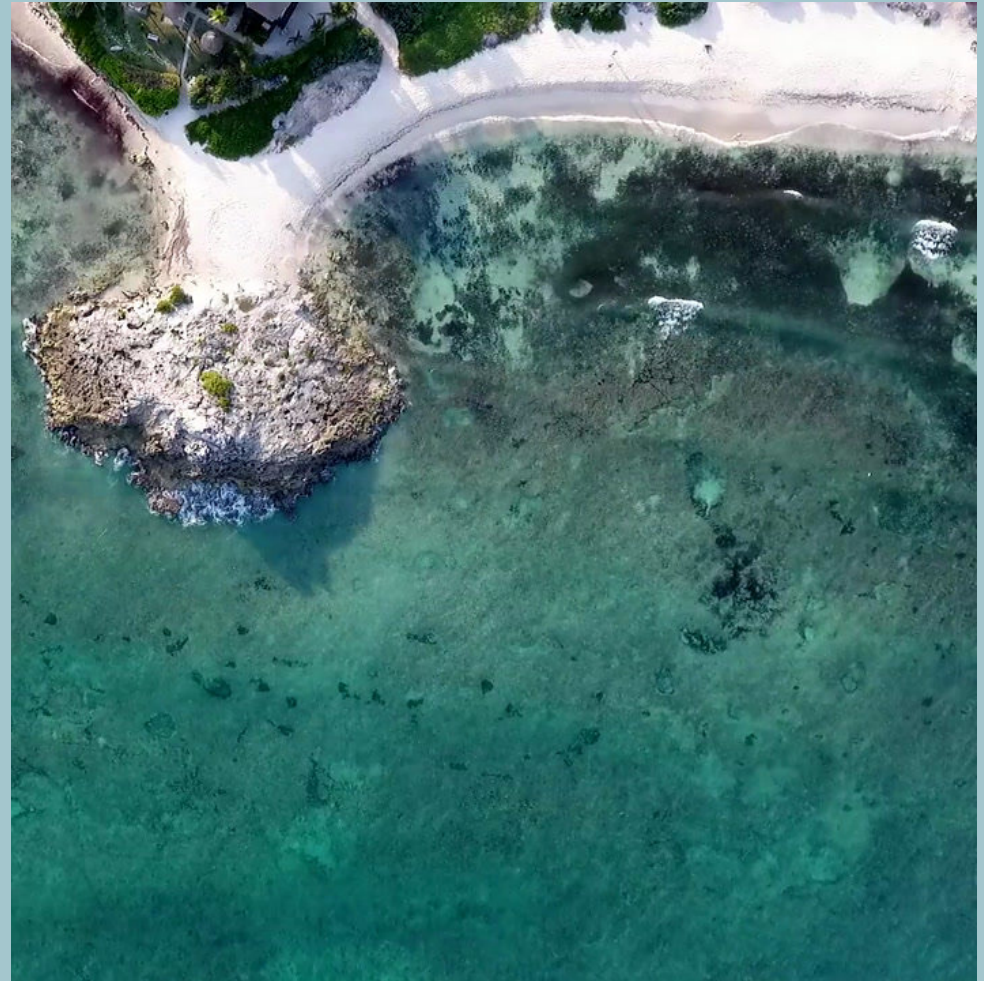
- ARE YOU RESTED?
- ARE YOU FUNCTIONAL DURING THE DAY?

PAUSEPOSE: SCREEN MENTAL a few times during the day to become aware of your internal speech on sleep

FUN: take conscience of a moment and speak up.

PRODUCTIVITY WITHOUT BURNING OUT: No naps, limit caffeine and carbonated drinks after 3:00 pm and wear your CPAP mask the next night (if you wear one).

CONSCIOUSLY MOVE ON: take 15 TO 30 min. to write down your concerns...without filter



DAY 2

- ARE YOU RESTED?
- ARE YOU FUNCTIONAL DURING THE DAY?

PAUSEPOSE: WE TRY CARDIAC COHERENCE TODAY (3 TIMES, 5 MINUTES)

PLAISIR: golf ? dinner at a restaurant ? coffee with a friend ?

PRODUCTIVITY WITHOUT BURNING OUT: Take the time to validate if your daily activities are draining you. If so, look for the energy consuming sources.

CONSCIOUSLY MOVE ON: you'll end up sleeping, stop thinking about it.



DAY 3

- ARE YOU RESTED?
- ARE YOU FUNCTIONAL DURING THE DAY?

PAUSEPOSE: People who don't sleep well often tend to do everything quickly. Take time during the day to become aware of how you are functioning.

FUN: massage, good workout, sauna

PRODUCTIVITY WITHOUT BURNING OUT: tonight we put some time in our bedtime routine AND we set the alarm for getting up

CONSCIOUSLY MOVE ON: transitions, taking the time to take the time



DAY 4

- ARE YOU RESTED?
- ARE YOU FUNCTIONAL DURING THE DAY?

PAUSEPOSE: Today, we try the Jacobson relaxation.

FUN: No matter what you do, get out in nature today (boat, mountain, kayak, walk, etc.).

PRODUCTIVITY WITHOUT BURNING OUT: Ask yourself if the shower routine is optimal in our day to energize us. Cold water in the morning increases dopamine.

CONSCIOUSLY MOVE ON: your best way to manage thoughts?
- Writing OR sports?



DAY 5

- ARE YOU RESTED?
- ARE YOU FUNCTIONAL DURING THE DAY?

PAUSEPOSE: Once during the day, we concentrate fully on 1 activity. For example: the coffee that flows, the smell, the flavor, the cream.

FUN: create something today: food, mechanics, etc.

PRODUCTIVITY WITHOUT BURNING OUT: inventory of stressors in your current life.

CONSCIOUSLY MOVE ON: target 5 main stressors that you can control in the short term and brainstorm with your spouse to find solutions



DAY 6

- ARE YOU RESTED?
- ARE YOU FUNCTIONAL DURING THE DAY?

PAUSEPOSE: put a word to your emotions. The richer our emotional vocabulary, the less anxiety paralyzes us because we identify the real problems.

FUN: sports, sports, sports. What makes you feel good?

PRODUCTIVITY WITHOUT BURNING OUT:
Alternate between an exhausting and rejuvenating task.

CONSCIOUSLY MOVE ON: what will you do differently for week 2? What did you enjoy this week?

*The sentence that helped me
every time I got stuck*

" IF YOU ALWAYS DO
WHAT YOU'VE ALWAYS
DONE, YOU'LL ALWAYS
GET WHAT YOU'VE
ALWAYS GOT"



Leave and resume for 2 weeks

THANK YOU!

www.mndtm.com