**Email module 7**

CBT

+ Light

for Women

with Breast Cancer

This final email covers the most important points covered in previous modules. Take a moment to walk through it. Remind yourself what has worked for you, make mental notes on what you want to remind yourself of in the future.

**Summary - 3 key ingredients for good sleep**

**1. Sleep Drive:**The longer we are awake, the higher our sleep drive. Building up a healthy sleep drive helps you fall asleep quickly.
**2. Body Clock:**Time your sleep to be in sync with your body clock. Wake up about the same time every day, have bright light in the morning, and have regular routines.
**3. A Quiet Mind:**Take time to unwind, use Mind & Body Skills to quiet your mind. When your body is relaxed, your mind will follow.

**Tips for managing your sleep**

**Keep your body clock well-tuned:**

* Get plenty of bright light in the morning and dim light in the evening.
* Avoid long or late naps during the day. If you are sleepy, take a 15~20-minute power nap.
* Anytime you are sleepy before driving, take a safety nap.

**Check in with yourself as to whether you are experiencing:
Sleep Deprivation or Symptoms of Insomnia**

* **If you are sleep deprived and do not have symptoms of insomnia?** Prioritize sleep. Allow enough time for both rest and sleep.
* **If you are having symptoms of insomnia?** Refer back to the second email and to the section below. If symptoms don't go away, visit your GP, and see a Sleep Psychologist - some sessions are covered under Medicare.

**When sleep is hard to come by...**

* Mornings are “anchors” of healthy sleep routines: get up about the same time every day, even if you did not sleep well the night before.
* At night, ride sleepiness waves, and go to bed **only when sleepy**. If you did not sleep well the night before, still go to bed around your usual bedtime, and not too early.
* When it is difficult to fall asleep, keeping on trying can only make you feel more frustrated.  Get up and do something quiet, until your next sleepiness wave comes, then try again.
* Worrying about not sleeping can make it harder to sleep. Use Alternative thoughts about sleep to feel more relaxed about sleep.
* Don’t look at the clock if you wake up in the middle of the night.
* Don't take worries to bed. If your mind is active, try the following:
	+ Strategies for Worries and rumination
	+ “Staying present” and “Relaxation” techniques to support you by bringing your mind and body together, and to support sound sleep.
	+ Make Mind & Body skills part of a healthy lifestyle you follow.

**Practice self-talk, be calm and present.**

* **Remember to Breathe,**and useMind & Bodyskills to calm and pace yourself. Focus on the breath and anchor your attention to your body.

**Thank you for taking the time to be involved in this study. You have learnt a lot about your sleep and how you can look after your mind and body as you progress through breast cancer treatment. We sincerely hope that you are able to continue using these skills, and that they will be helpful to you now and in the future.**