



# Participant Guide

Get Enough Sleep



## Session Focus

Getting enough sleep can help you prevent or delay type 2 diabetes.

### This session we will talk about:

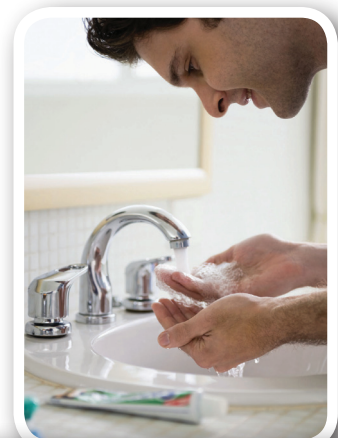
- Why sleep matters
- Some challenges of getting enough sleep and ways to cope with them

### You will also make a new action plan!



#### Tips:

- ✓ Go to bed and get up at the same time each day. This helps your body get on a schedule.
- ✓ Follow a bedtime routine that helps you wind down.





## Jenny's Story

Jenny is at risk for type 2 diabetes. Her doctor asks her if she gets at least 7 hours of sleep each night.

Jenny laughs. "Are you serious?" she asks. "I'm lucky if I get 5 hours."

Jenny usually doesn't have much trouble falling asleep. But she often has to use the bathroom in the early morning. This gets her thinking about all the things she needs to do the next day. Plus, her husband's breathing is loud. Both of these things make it hard for Jenny to fall back to sleep. She often lies awake for hours.

These days, Jenny drinks less water and avoids caffeine in the evening. She makes a list of things to do the next day. Then she sets it aside.

Jenny rarely needs to get up to use the bathroom during the night. If she does, she breathes deeply to help her get back to sleep. She also runs a fan to cover up the sound of her husband's breathing.

Jenny is closer to getting 7 hours of sleep a night.



### What makes it hard for you to get a good night's sleep?

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## How to Cope with Challenges

It can be challenging to get enough sleep. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
<b>I stay up too late getting things done.</b>	<input type="checkbox"/> Plan ahead so that you finish earlier. <input type="checkbox"/> Ask family and friends to help you get things done. <input type="checkbox"/> Save some tasks for another day. <input type="checkbox"/> Make a list of things to do the next day. Then set it aside.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>I'm too hot or too cold.</b>	<input type="checkbox"/> Turn the heat up or down. Or open a window. <input type="checkbox"/> Dress for the weather. <input type="checkbox"/> Choose the right bedding. <input type="checkbox"/> Take a warm or cool bath or shower.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>My bed partner is restless, breathes loudly, or snores.</b>	<input type="checkbox"/> Ask your partner to blow their nose. Keep a box of tissues next to the bed. <input type="checkbox"/> Ask your partner to sleep on their side or stomach. <input type="checkbox"/> Ask your partner to get help from their healthcare provider.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



## How to Cope with Challenges

Challenge	Ways to Cope	Other Ways to Cope
<p><b>There's too much noise.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use earplugs.</li> <li><input type="checkbox"/> Turn on a fan, white noise machine, or radio tuned to static to drown out the noise. Or use a smart phone app that plays white noise or nature sounds.</li> <li><input type="checkbox"/> Shut the doors and windows.</li> <li><input type="checkbox"/> Ask people to be quiet.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>There's too much light.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Get room-darkening blinds or shades.</li> <li><input type="checkbox"/> Wear a sleep mask.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>I can't get comfortable.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Stretch.</li> <li><input type="checkbox"/> If possible, get a bed, mattress, and pillow that you like.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>I'm thirsty.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Have a drink at least two hours before bedtime.</li> <li><input type="checkbox"/> If you must drink at bedtime, have just a sip.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>I keep getting up to use the bathroom.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid caffeine and alcohol.</li> <li><input type="checkbox"/> Stop drinking at least two hours before bedtime.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>



## How to Cope with Challenges

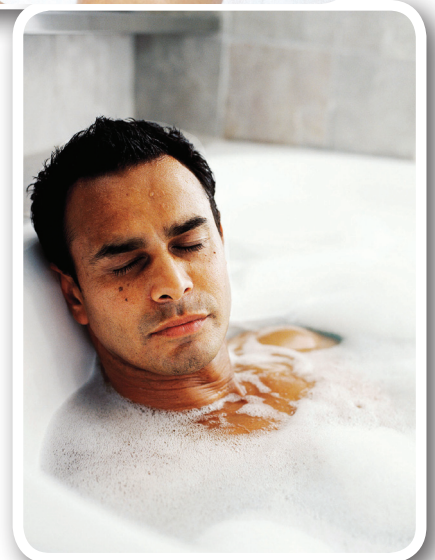
Challenge	Ways to Cope	Other Ways to Cope
<p><b>I feel anxious or alert.</b></p>	<p><b>During the day:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Get up at the same time each day. This helps your body get on a schedule.</li> <li><input type="checkbox"/> Avoid caffeine.</li> <li><input type="checkbox"/> If you smoke, quit.</li> <li><input type="checkbox"/> Avoid naps. Or keep them very short.</li> <li><input type="checkbox"/> Be active.</li> <li><input type="checkbox"/> Manage stress.</li> <li><input type="checkbox"/> Ask your healthcare provider if your medicines are keeping you awake.</li> </ul> <p><b>A couple of hours before bedtime:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid using a computer, cell phone, or TV. The light can make your brain think it's time to be awake.</li> <li><input type="checkbox"/> Avoid working or being very active.</li> <li><input type="checkbox"/> Follow a bedtime routine that helps you wind down.</li> </ul> <p><b>At bedtime:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Go to bed at the same time each day. This helps your body get on a schedule.</li> <li><input type="checkbox"/> Don't pressure yourself to fall asleep. Keep clocks and watches out of sight so you don't think about time passing.</li> <li><input type="checkbox"/> If you don't think you will fall asleep soon, get out of bed. Do something relaxing for a while.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>



## Ways to Unwind

It's a good idea to follow a bedtime routine that helps you wind down. Try to start a couple of hours before bedtime. Here are some ways to unwind.

- Breathe deeply.
- Dim the lights.
- Drink herbal tea or warm milk.
- Get a massage.
- Listen to soothing music.
- Make a list of things to do the next day.
- Read a soothing book.
- Sit outside.
- Stretch.
- Take a warm bath or shower.
- Write in a journal.



**What helps you unwind at the end of the day?**

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