

Boosting the Benefits of Sleep course syllabus

B

Acknowledgements/Source of course material, Quotes, Health warning

MODULE 1 : Why it's important to get min. 7 hours sleep a night – every night

How does sleep help our brain and body?

Why we fall asleep & wake up, what is our body clock, when are hormones made

What is 'sleep pressure'

Two types of sleep (REM & NREM), Sleep cycles

The impact of not enough sleep (incl. for drivers and dieters)

Are we good at knowing when we haven't had enough sleep?

Can we fix sleep debt?

MODULE 2 : Practical tips to get to sleep and get back to sleep

What areas are covered by 'sleep hygiene'?

What areas are covered by 'good sleep' strategies?

How room temperatures, bedding & lights help us sleep

Sharing a bedroom or bed : Different sleep needs

Using our thoughts to help us sleep

Dreams, Good & Bad : How to get more positive dreams

How to break the stress cycle

Napping. Can humans use tiny 'ultra-power' naps?

Body clocks : Larks & Owls (tips & What happens when night owls wake too early)

How can we fix broken sleep?

MODULE 3 : What to avoid – to get a good night's sleep (& why)

How does caffeine work? How long does it last? Where is it found

Does alcohol help sleep? Why is alcohol in the evening unhelpful for sleep?

MODULE 4 : Tackling insomnia & other sleep-related problems

Insomnia : What it is and what it's not

Two types of insomnia

Why it matters to distinguish between insomnia and sleep deprivation

Worry & stress and links to insomnia

Who gets insomnia more?

Are sleeping pills the answer? What does help? Hypnotherapy cautionary notes

How can a Worry Journal help overcome anxiety?

How to reduce negative stress

For those who use them: how prayer and the Bible can help

Finding a Good Life Balance

Mindfulness, breathing and relaxation exercises

Medicines and sleep

Can you feel tired even when you *think* you slept long enough?

Medical conditions

How we can motivate ourselves to take action

How can we review our priorities

Further reading

Handouts

'Sleep profile' questionnaire

How sleep benefits us: Further details

Sleep for older people

How extensive a problem is 'insufficient sleep'?

Adverse impacts from insufficient sleep: workplace, education, global catastrophes

What, and when, to eat and not eat: Further details

How much sleep do we need? / Children and sleep routines

Sleep hygiene: Top Ten Tips

Sleep hygiene: Further practical tips (sleep-friendly bedroom, using nature, music to prepare for sleep)

Sleeping positions, exercise for better rest and winding-down routine

Mindful meditation, relaxation and breathwork

Some comforting words from the Bible

Coping with allergies and noise

Massage, aromatherapy, acupuncture, using colours and sounds

Medical conditions (incl. restless legs syndrome, sleep apnoea, insomnia, sleep paralysis, nocturia) and self-help measures

Stimulants, depressants and herbal remedies

Managing mental health issues, disrupted routines (pregnancy, night shifts, jet lag) and driving long distances

A new vision for sleep in the 21st century

Sleep and Society

Motivation: Helping us get the right 'motive to act'

Coping with the cold / Coping with the heat