



Module 22: Get Enough Sleep

Lifestyle Coach Guide



Module Overview

Getting enough sleep helps your body process fat and use insulin correctly, and also helps your brain know when you've had enough to eat. This module explains why sleep is important and provides suggestions for getting a good night's sleep.

Participant Learning Objectives

By the end of the session, participants will be able to:

- Explain why sleep matters
- Identify some strategies for getting the rest they need

Things to Do

In addition to the Session Checklist, you will also want to do the following:

Before this session:

- Communicate with your participants via email, text message, app, or social media to prepare and motivate them for this upcoming session on getting enough sleep. Here are some sample messages you can send out to participants for this module:
 - 1 Week Prior: "Thank you for joining us last [day of the week when previous session was held]. We all have times when we don't sleep well, but if it becomes a way of life, it can interfere with your efforts to prevent type 2 diabetes. Join us next time to find out why sleep is so important and how you can get enough."
 - 1 to 2 Days Prior: "Don't forget to join us this [day of the week when next session will be held] to find out why sleep is important in preventing type 2 diabetes and what you can do to make sure you get enough."

After this session:

- ❑ Communicate with your participants via email, text message, app, or social media to continue the conversation on getting enough sleep to prevent type 2 diabetes. Here are some examples of messages to post:
 - “Hi there! I hope that you enjoyed our session last [day of the week when session was held]. What ideas are you trying to make sure that you are getting enough sleep this week? Please post and let us all know how you are doing!”
 - “How did you sleep yesterday? Whether you got a lot of restful sleep or not, what factors do you think contributed to how it went?”
- ❑ If possible, try to make a one-on-one connection with each of your group participants this week. Talk with them about what they included in their action plan and whether they are following up on it and encourage them to stick with it.

Session Content

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to receive weigh-in information and to consult with participants privately, if needed, at the start of each session.

Welcome and Review	Page 4	5 Min
Session Focus	Page 4	1 Min
Why Sleep Matters	Page 5	9 Min
How To Improve Your Sleep	Page 7	35 Min
Plan for Success	Page 12	5 Min
Summary and Closing	Page 13	5 Min

Welcome and Review



Time Estimate: 5 minutes
Method: Facilitated Discussion

SAY:

Welcome back, everyone! This is the [current session number] meeting of [name of program].

Today, we are going to talk about getting enough sleep.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

DO:

Briefly summarize the previous session.

DISCUSS:

What questions do you have for me about what we talked about last time?

SAY:

Let's talk about how things went with the action plan you made last time.

DISCUSS:

What went well? What didn't go well?

SAY:

Now let's talk about how it went with the other things you tried at home.

DISCUSS:

What went well? What didn't go well?



Time Estimate: 1 minute
Method: Presentation

SAY:

Please look at “Session Focus” on page 1 in the Participant Guide.



For a virtual session, use the screen share feature to display “Session Focus” from the Participant Guide for all participants to view.

SAY:

Getting enough sleep can help you prevent or delay type 2 diabetes. Today, we will talk about:

- Why sleep matters
- Some strategies for getting the rest you need

Finally, you will make a new action plan.



Time Estimate: 9 minutes
Methods: Presentation, Facilitated Discussion

In this part of the session, participants explore the reasons why sleep matters.

DISCUSS:

Let's start by talking about why sleep matters. How do you think sleep affects your health?



For a virtual session, encourage participants to type their responses in the chat window in the web conferencing tool.

DO:

Share the following (if not mentioned by participants):

If you don't get enough sleep, you are more likely to:

- Feel drowsy
- Get sick
- Have high blood pressure
- Have trouble thinking, paying attention, and getting things done
- Lose control of your car
- Be depressed
- Eat more
- Have high blood sugar
- Gain weight

ASK:

How do you think sleep affects your risk for type 2 diabetes?

ANSWER:

Studies show that if you don't get enough sleep, insulin doesn't work as well. Your body doesn't process fat as well. And your brain has trouble knowing when you've had enough to eat.



Time Estimate: 35 minutes

Methods: Presentation, Facilitated Discussion

This part of the session presents a first-person account of how difficult it can be to sleep well. Participants will discuss why getting enough sleep can be challenging and consider bedtime routines that support an appropriate amount of sleep.

SAY:

We've discussed why sleep matters. Now let's talk about some challenges of getting enough sleep and routines for getting more rest.

To be at our best, most adults need at least 7 hours of sleep every day. But few of us get it. About 1 in 4 people in the United States say they sleep poorly.

For people with type 2 diabetes, that fraction is even higher. About half of those in the United States with diabetes say they sleep poorly.

Jenny's Story—Part 1 (10 minutes)

SAY:

Let's look at an example. Please look at "Jenny's Story—Part 1" on page 3 in the Participant Guide.

DO:

Read, or ask a volunteer to read, "Jenny's Story."



For a virtual session, use the screen share feature to display "Jenny's Story—Part 1" from the Participant Guide for all participants to view.

DISCUSS:

How about you? How many of you get less than 7 hours of sleep every day?



For a virtual session, encourage participants to type their responses in the chat window or “raise their hand” in the web conferencing tool.

DISCUSS:

How do you feel when you don't get enough sleep? What suggestions do you think Jenny's doctor will provide?

DO:

Encourage participants to write their responses in their Participant Guide.

Jenny's Story—Part 2 (2 minutes)

DO:

Read, or ask a volunteer to read, “Jenny's Story—Part 2” to finish the discussion.



For a virtual session, use the screen share feature to display “Jenny's Story—Part 2” from the Participant Guide for all participants to view.

How to Overcome Sleep-Related Challenges (15 minutes)

SAY:

Now let's talk about some challenges to getting enough sleep. Please look at “How to Overcome Sleep-Related Challenges” on page 4 in the Participant Guide.



For a virtual session, use the screen share feature to display “How to Overcome Sleep-Related Challenges” from the Participant Guide for all participants to view.

DISCUSS:

What makes it hard for you to sleep well?



For a virtual session, encourage participants to type their responses in the chat window in the web conferencing tool.

DO:

Write the challenges on a flip chart or whiteboard if you are using one.

Share the following challenges (if not mentioned by participants):

- I stay up too late getting things done.
- I stay up too late so I can have time to myself.
- I’m too hot or too cold.
- My bed partner is restless or noisy.
- There’s too much noise.
- There’s too much light.
- I’m thirsty.
- I keep getting up to use the bathroom.
- I have sleep apnea.

Suggest participants write down their own challenges in the chart on page 8 in their Participant Guide if not already listed.

SAY:

Now, let's brainstorm

DISCUSS:

What are some ways we can improve our sleep?



For a virtual session, encourage participants to type their responses in the chat window in the web conferencing tool.

Share the following strategies (if not mentioned by participants):

- I stay up too late getting things done. – Ask family and friends to help you.
- I stay up too late so I can have time to myself. – Find more mindful moments during the day to focus on yourself.
- I'm too hot or too cold. – Dress for the weather.
- My bed partner is restless or noisy. – Ask your partner to sleep on his or her side or stomach.
- There's too much noise. – Turn on a fan.
- There's too much light. – Wear a sleep mask.
- I'm thirsty. – Have a drink at least 2 hours before bedtime.
- I keep getting up to use the bathroom. – Avoid drinking close to bedtime.
- I have sleep apnea. – Use your continuous positive airway pressure (CPAP) machine as recommended.

DO:

Encourage participants to write down other ways to sleep well in the third column of the chart on page 4 of the Participant Guide.

Ways To Relax (8 minutes)

SAY:

It's also a good idea to follow a bedtime routine that helps you relax. Try to start your bedtime routine a couple of hours before going to bed.

DISCUSS:

What new routines might help you relax and prepare for better sleep?



For a virtual session, encourage participants to type their responses in the chat window in the web conferencing tool.

DO:

Share the following (if not mentioned by participants):

- Five minutes of deep breathing before bed
- Dimming the lights at a specific time
- Light stretching just before bed
- For at least an hour before bed, avoid looking at screens (televisions, computers, tablets, smart phones)

SAY:

Some sleep challenges may be a sign of a health problem. If you have any concerns about your health, please tell your health care provider.



Time Estimate: 5 minutes

SAY:

Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.

Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make to your new routines? Are you ready for a new routine?

Also keep in mind what we discussed today about adding new routines to help you sleep.

As you try out and practice your new routine, make sure to add in the following to make it automatic:

- Make your new routine easy and the old one harder to follow.
- Build in a healthy reward.
- Create times to repeat and practice your new routines.

If you are ready to add another routine, complete these 3 steps:

1. Identify what current routine needs to change or stop.
2. Plan a new routine that helps you make a positive change that will stick.
3. List cues or hints for when to use your new routine.

DO:

Give participants a few minutes to make their action plan.



Time Estimate: 5 minutes

SAY:

Between now and our next session, please review “How to Overcome Sleep-Related Challenges” on page 4 in the Participant Guide. Try a couple of suggestions that might help you.

Remember to keep adding your own ideas in the “Other Ways To Sleep Well” column. Check off each idea you try.

Please also complete “Ways To Relax” on page 9. Write what helps you relax at the end of the day.

DO:

Answer questions as needed.

SAY:

We have come to the end of our meeting. Today, we discussed how getting enough sleep can help you prevent or delay type 2 diabetes. We talked about:

- Why sleep matters
- Some strategies for getting the rest you need

DISCUSS:

Do you have questions about anything we talked about today?

SAY:

Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about [include specific topics that will be presented in the next session].

Thank you for coming to this session. Remember to bring your Participant Guide and Action Plan Journal to the next session.

End of meeting.