Wellness Workshop

Sleep Wellness

California State University, Fullerton
Counseling and Psychological Services
Phone: (657) 278-3040
fullerton.edu/caps
Identify your sleep pattern

Many factors contribute to your sleep. Identify how many of the following you are/are not practicing in the past two weeks to get a sense of your current sleep patterns.

Things that are known to make sleep worse:

- Nap during the day
- Watch television in bed
- Study in bed
- Use a device with a bright screen in the hour before bedtime (e.g. a smartphone, a laptop)
- Consume drinks containing caffeine (e.g. tea, coffee, cola, energy drink)
  - How many each day? ______
  - What time of the day was your last caffeinated drink? ______
- Drink alcohol / Use substances
- Eat a heavy meal less than 3 hours before bedtime
- Watch the clock while trying to fall asleep
- Stay in bed even if you can’t fall asleep

Things that are known to improve sleep:

- Regular exercise
  - How many times a week? ______
  - What time of the day? ______
- Relaxation exercises (e.g. relaxed breathing exercises, progressive muscle relaxation)
- Turn off electronic devices at least 30 minutes before bedtime
- Have a relaxing bedtime routine
  - take a bath or a shower
  - read a comforting book
  - other: __________
- Set aside some ‘worry time’ each day to write down any issues that are bothering or concerning you, then decide to leave those worries behind until tomorrow
- Set the conditions for sleep
  - bedroom is completely dark
  - mattress and pillows are comfortable
  - bedroom is the right temperature
  - wear comfortable clothes
  - other: __________
Sleep Hygiene

Maintaining healthy sleep is a habit you can learn. The following some tips/small changes that can be made in your daily routine to help ensure adequate sleep. Small changes day-to-day can have long-term benefits.

**Take care of your body – Avoid the following, 4-6 hours before bedtime**
- **Do not drink caffeine.** Avoid caffeinated coffee, tea and sodas in late afternoon and evening. If you must have coffee, have it only in the morning and have no more than two cups.
- **Do not smoke.** Nicotine is a stimulant. Note that some over-the-counter cold relief and pain medications contain caffeine or other stimulants.
- **Do not eat heavy, spicy, or sugary foods.** Your body needs time to digest, and eating certain types of food can impact ability to sleep.
- **Do not drink alcohol or use substances.** While alcohol has an immediate sleep-inducing effect, a few hours later as the alcohol levels in your blood start to fall, there is a stimulant or wake-up effect.

**Sleep Habits**
- **Fix a bedtime and an awakening time.** Try and wake up the same time every day, even if this is tiring to begin with. If you have consistent sleep problems, then try getting up half an hour earlier in the morning than your usual time; it may help you get to sleep that night.
- **Light matters.** Getting bright light in the morning can help. Crack your blinds so the sun shines on your bed when it’s time to wake up. Use dim lights before bedtime, and if you read in bed (not recommended for those with sleep issues), use a dim light, as bright lights train your body to stay awake. Refrain from using a smart device (phone, tablet, computer).
- **Nap smart.** Many people feel sleepy in the afternoon and nap. This is not a bad thing to do if you limit the nap to 30 to 45 minutes and can sleep well at night. If you can’t sleep well at night, try eliminating or shortening your naps.
- **Sleep only when tired.** Struggling to fall sleep can lead to frustration. If you’re not asleep after 30 minutes, get out of bed, get up and do another activity elsewhere such as reading or listening to music (try and avoid TV as it can wake you up). After 15 minutes return to bed and try to sleep again.

**Physical exercise**
- **Exercise regularly.** Brisk walk, in the late afternoon can help to make your body tired and help you to sleep.
- **Do not exercise right before bed.** Strenuous exercise within the 2 hours before bedtime, can decrease your ability to fall asleep.
**Bedtime routine** - Teaches your body when it’s time to go to sleep

- **Food.** Have a soothing drink like chamomile tea or warm milk. Warm milk and light snacks high in both carbs and tryptophan (e.g., a chicken, tuna or turkey sandwich; whole-grain cereal with milk or soymilk; pie with ice cream), may help when eaten 1 hour before bed. High-protein foods without carbs (e.g., meat or cheese with no bread) or heavy or spicy foods can prevent sleep.

- **Have a bath, or a routine of washing your face and brushing your teeth.**

- **Go to bed at same time each night.** Consistency in sleep routine, will allow your brain and body to regulate.

- **Pre-Sleep exercise.** When in bed think of nice things (e.g. think of 3 nice things that happened that day – they might be big or small: such as a nice conversation, having your favorite food for lunch, or hearing your favorite song on the radio)

- **Do a relaxed breathing exercise.** Diaphragmatic breathing (belly breath) allows you to breathe deeply in your stomach instead of high in your chest → Place one hand on stomach, and the other on your chest – slowly breath in through your nose and work on inflating your belly. Slowly exhale through your mouth, and deflate your belly. Allow yourself to breathe deeply in your stomach instead of high in your chest.

- **Practice meditation.** Relaxation techniques such as yoga, deep breathing, meditation and progressive muscle relaxation before bed may help relieve anxiety and reduce muscle tension.

- **Leave worries behind.** Jot down worries, to-do lists and other mental distractions on a notepad/paper before bed to decrease late-night ruminating.

- **Sleeping position.** Get in your favorite sleeping position. If you don’t fall asleep within 15 to 30 minutes, get up, go into another room and do some light reading until you feel sleepy—then get back in bed and try again.

**Sleep Environment**

- **Your bed.** Make sure your bed is the right size and firmness for you. If the bedding is not comfortable, make appropriate changes.

- **Temperature.** If your bedroom is too cold or hot, it can keep you awake. A cool (not cold), well-ventilated bedroom is often the most conducive to sleep.

- **Noise and light.** Eliminate as much noise (perhaps with a white noise generator or fan) and light (with heavy curtains or an eye mask) as possible.

- **Reserve the bed for sleep and sex.** Don’t use the bed as an office, workroom or rec room. Let your body know the bed is associated with sleep.

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1) Identify strategies you currently practice:

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2) Strategies you would like to practice:

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Adapted from: psychologytools.com
### Sleep Diary

- Complete the sleep diary in the morning upon waking, and evening before going to bed.

<table>
<thead>
<tr>
<th>MORNING</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>I went to bed last night at (_AM/_PM)</td>
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<td>I slept for a total of (_hours)</td>
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<tr>
<td>I woke up during the night (# times)</td>
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<td>I was disturbed by…</td>
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<tr>
<td>I woke up feeling…</td>
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<td>EVENING</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
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<td>I napped for a</td>
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<td>Exercise</td>
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<td>feeling…</td>
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</tbody>
</table>

Adapted from: psychologytools.com
Sleep Resources

- bettersleep.org
- helpguide.org/home-pages/sleep.htm
- sleepfoundation.org
- sleepeducation.org

Online Resources

Center for Mindfulness in Medicine, Health Care, and Society
  umassmed.edu/cfm

Mayo Clinic Stress Reduction Website
  mayoclinic.com/health/mindfulness-exercises/MY02124

Meditation Oasis
  meditationoasis.com

Mindful
  mindful.org

UC San Diego Center for Mindfulness
  health.ucsd.edu/specialties/mindfulness

Apps for your Smartphone, Tablet, or Computer

ACT Coach — Acceptance and Commitment Therapy (ACT) aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding/being controlled by them. Learn exercises, tools, information, and practice with tracking logs.

Breathe2relax — Stress management tool provides detailed information on the effects of stress on the body with practice exercises to help you learn a stress management skill called ‘diaphragmatic breathing’.

CBTi-Coach — Learn the process of sleep, positive sleep routines, and improve sleep environments. This structured program will teach strategies to improve sleep and help alleviate symptoms of insomnia.

Mindfulness Coach — Learn how to reduce stress, improve emotion regulation, increase self-awareness, manage anxiety/depression, and cope with chronic pain through the practice of Mindfulness.

Mindshift — Learn skills to manage everyday anxiety. Develop helpful ways of thinking and learn tools to tackle: Sleep, Intense Emotions, Perfectionism, Social Anxiety, Performance Anxiety, Worry, Panic, and Conflict.

T2 Mood Tracker — Monitor and rate your mood on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being) or build your own custom scale. The ratings will be displayed on graphs to help you track your mood over time.

Take a break! — Enjoy and learn the deep relaxation, stress relief and benefits of meditation. Choose from two audios: Work Break Relaxation (7 min.) or Stress Relief Meditation (13 min.), and listen with or without music/nature sounds.
CSUF Counseling and Psychological Services: (657) 278-3040

Free, confidential services to CSUF students.

Walk in and urgent appointments available Monday-Friday 8 a.m.-5 p.m.

Hours: Monday - Friday, 8 a.m. – 5 p.m. Closed on weekends.

After-hours support; ProtoCall available anytime after 5 p.m., Weekends, and Holidays

CSUF University Police: (657) 278-2515

Available 24 hours per day, 7 days per week, including evenings and weekends.

Local Emergency Facilities

St. Jude Medical Center – (approximately 3.7 miles)
101 E. Valencia Mesa Dr.
Fullerton, CA 92835
(714) 871-3280; stjudemedicalcenter.org

Placentia Linda Hospital – (approx. 3.7 miles)
1301 N Rose Dr.
Placentia, CA 92870
(714) 993-2000; placentialinda.com

Kaiser Permanente – (approx. 6 miles)
3440 E. La Palma Ave.
Anaheim 92806
(888) 988-2800; kp.org

Crisis Hotlines:

1-800-273-TALK (8255)
1-800-SUICIDE (784-2433)
OC Warm Line: (714) 991-6412; 1-877-910-WARM (9276)
Suicide Prevention Center of Los Angeles (1-877-727-4747)
Suicide Prevention Center of Riverside County: (951- 686-4357)
Veterans Crisis Line (1-800-273-8255, press 1).
The following information on counseling resources is intentioned to inform the CSUF community of resources or services that may be of interest to them. The resources provided are not endorsed, recommended, supervised, approved or sponsored by CSUF. CSUF assumes no liability or responsibility for any loss or injury arising from participation in any program.

**Fullerton Area**

**O.M.I.D. Multicultural Institute for Development**
4199 Campus Drive, Suite 550
Irvine, CA 92612
949-725-2214
omidinstitute.org

A full-service family enrichment center dedicated to enhancing the quality of life for individuals and families. Services provided include: behavioral health, counseling, Islamic counseling, Veteran’s services, groups, workshops, case management, life skills training, psychiatric, psychological assessment and testing services. Counseling services are available in the following languages: English, Spanish, Farsi, Dari, Armenian, Turkish, Arabic, French, Vietnamese, Mandarin, Korean. Some HMOs accepted, all PPOs accepted. A sliding scale fee is available for those who qualify. The student rate is $25 per session.

**Shiloh Community Counseling Center**
101 S. Kramer Blvd., Suite 122
Placentia, CA 92870
(714) 223 1601

Sliding scale available. Individual, family, and groups (dependent on needs). Counseling is provided by Marriage and Family Therapist Interns. It is open Monday thru Friday 9 a.m. – 8 p.m. and Saturday by appointment only. There is a one-time $35 for the first-appointment.

**City of Brea Family Resource Center**
695 E. Madison Way
Brea, CA 92821
(714) 990-7150
breafrc.com

Sliding scale available: Brea Residents: $15-25, Non Brea: $25-35, CSUF Students: $10. Individual, family, couples, children and group counseling services provided. Counseling is provided by Marriage and Family Therapist Interns. It is open Monday thru Thursday 9 a.m. – 6 p.m. and Friday 9 a.m. – 5 p.m.

**The Gary Center**
341 South Hillcrest Street
La Habra, CA 90631
(562) 691-3263

Provides free emergency crisis counseling. Family, individual, and group counseling services offered. In addition substance abuse programs (state certified and probation approved 38 week program) and parent education program (24 week court ordered or voluntary) are available. Services are offered on a sliding scale fee starting at $25.
Anaheim Harbor Family Resource Center
819 South Harbor Boulevard
Anaheim, CA 92805
(714) 399-0590

Their mission is to “provide a comprehensive array of social, educational, and health services that will empower families and children with the necessary skills to increase self-sufficiency and confidence resulting in optimal academic and social success.” Counseling services are available, including USC Telehealth (usctelehealth.com/) an online therapy service that may be free for qualified individuals.

F.A.C.E.S.
1651 East Fourth St., Suite 128 721 W. Kimberly Ave Santa Ana, CA 92807 Placentia CA 92870
(714) 547-7345 (714) 993-2237

30011 Ivy Glenn Dr., Suite 218 1015 E. Chapman Ave., Ste. A Laguna Niguel, CA92677 Fullerton, CA 92831
(714) 447-9024

facescal.org/home.html

Locations also in Santa Ana, Fullerton, Placentia, and Laguna Niguel. All FACES programs focus on the needs of the family and helping the child after divorce or separation. Programs include: The Family Preservation, Counseling services, The BACK & FORTH CHILD, groups for single parents and their children, COMMON GROUND, Monitored visits, safe visits, Supervised exchanges, Transitions and Parent/Child relationship Building. Educational Institute: Training and Public Education regarding domestic violence prevention and intervention.

Frances Smith Center for Individual and Family Therapy
501 W. Palm (Crean Building on Chapman campus)
Chapman University
Orange, CA 92866
(714) 997-6746
chapman.edu/crean/academic-programs/graduate-programs/ma-marriage-family/frances-smith-center.aspx

Counseling services include individuals, couples, families, and children and are provided by graduate students. Fees are established according to a sliding scale, based on the individual or family’s monthly gross income (employment, unemployment, disability, SSI/SSA, worker’s compensation, alimony/child support, etc.). Fees may range from $10.00 to $60.00 per session. These fees cover only a small portion of the cost of providing services. Payment is due at the time of the session, cash or check only. The Center has a 24-hour cancellation policy or the full fee will be charged for the late cancellation. An assessment will be conducted over the phone to determine eligibility for services.

Argosy University
601 South Lewis Street, Suite 302
Orange, CA 92868
(714) 620-3810
AUTAPS@gmail.com

Provides individual, couple, and family counseling and assessments for individuals 18 and older. Fees are from
$5-50 per session, based on monthly income. For psychological testing and learning disorder assessment, the sliding fee is $100-$500. There are no limits to the number of sessions. All therapists have either a Master’s degree in clinical or counseling psychology. The therapists are currently completing their Psy.D. degrees and are supervised by licensed clinical psychologists.

Hope Counseling Center
2400 E. Katella Avenue, Suite 900
Anaheim, CA 92806
(714) 879-3901 ext. 1266
hiu.edu/hcc/

To make an appointment, please call and leave a message. Your calls will be returned within 24 hours. After the initial intake you will be assigned to a counselor to help you with your unique needs. HCC has a standard office fee for counseling services. A sliding scale fee is available based on family income for those who are unable to afford the full fee. Counseling services may be provided by Masters level students or a non-licensed clinician under the supervision of a licensed clinician.

Mariposa Women and Family Center
812 West Town & Country Road
Orange, CA 92868
714-547-6494
http://www.mariposacenter.org

Mariposa Women and Family Center provides high quality, low cost mental health and substance abuse counseling, life skills, and supportive services to women and families. Services provided are: parenting skills, anger management, bereavement groups, outpatient substance use treatment (women & adolescents), women’s eating disorder process group, trauma group, friends and family addict support group. Fees start at $15 per session and are dependent on income.

Family Enrichment Center
Ronald Zishka, Ph.D. 760 N. Euclid, #108
Anaheim, CA 92801
(714) 758-1884

Individual, family, and couples counseling services available. Areas identified as specialties include: abuse, domestic violence, trauma, PTSD, acculturation issues, LGBT population. All therapists are licensed a minimum of two years. Fees payable by cash, credit, check. Insurance is accepted from most major carriers. A sliding scale fee is available for those who qualify

Straight Talk
5712 Camp Street
Cypress CA 90630
(714) 828-2000
straighttalkcounseling.org

Program provides mental health counseling for families, individuals, and groups. Among the groups offered are Adult Anger Management, Teen Anger Management, and Parenting Classes. There is a $25 intake fee. Services are on a sliding scale ranging from $20-$95.
Irvine Area

Pepperdine University Counseling Center
1811 Von Karman Avenue, Suite 401
Irvine, CA 92612
(949) 223-2570
gsep.pepperdine.edu/about/clinics/irvine/

Services are provided by Pepperdine’s master and doctoral level interns and include individual, couples, and family counseling. A brief over the phone assessment is conducted. Sliding scale fees are available. Additional locations are in West Los Angeles and Encino. (Note: Clinic closed last 3 weeks of August).

Chicago School of Professional Psychology Community Counseling Center
4199 Campus Drive.
University Tower 4th floor
Irvine, CA 92612
949-769-7747
counseling.tcscenters.org/

Services are provided by Psy.D. interns and includes individual, couples, family, and court mandated programs. Sliding scale fees are available starting with an intake ($50 initial fee) and counseling from $15 and up.

The Mental Health Center at Hoag
1501 Superior Avenue, Suite 311
Newport Beach CA 92658
(949) 764-6542

The mental health and psychotherapy program provides services on a low sliding scale to the surrounding community. There is an additional one time intake fee. No one will be turned away due to lack of funding. Services include family, couple and individual counseling and are provided by a team of bilingual and bi-cultural psychotherapist who hold Master’s degrees in Social Work, Licensed Clinical Social Workers or Master’s in Social Work Interns. Services are available in English, Spanish and Farsi.

Turning Point Center for Families
2101 E. Fourth Street, Suite 150B
Santa Ana, CA
(714) 547-8111
turningpointsantaana.org

A non-profit, bi-lingual counseling center that provides counseling services to youth, individuals, couples, groups, and families. The center offers affordable fees based on a sliding scale starting at $25. Income verification may be required. Counseling services may be provided by Masters level students, under the supervision of a licensed clinician.