



WEBINAR 
WEDNESDAYS

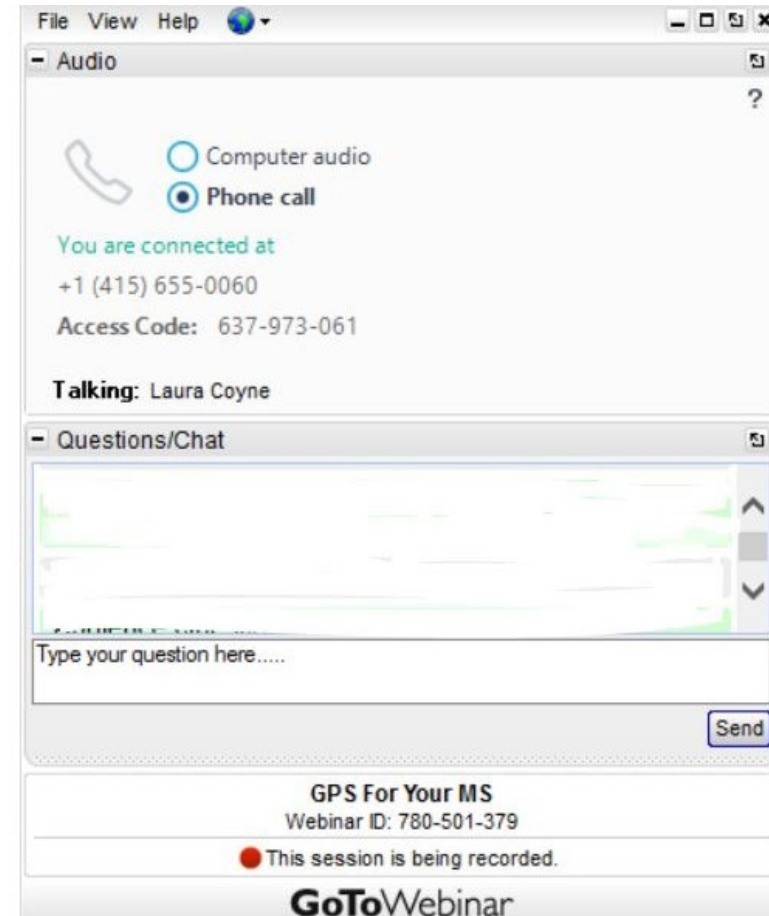
How To Fall Asleep and Stay Asleep

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Questions/Chat box





October Programs

JUMPSTART - Oct 13
Get Started with Better Sleep

YOUR QUESTIONS ANSWERED - Oct 18
Sleep & MS

4-Part Coaching Series – Starting Oct 12
Fatigue



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Learning Objectives

1

Learn about common sleep problems in MS

2

Become familiar with the strategies and tools used to assess a person's sleep

3

Understand the strategies used to manage common sleep problems



Sleep & MS

- Sleep difficulties are common in people with MS
 - About 4x more than the general population
 - 48-68%
 - Insomnia is the most common, especially in women
- This is an overlooked symptom, but one that can affect emotional and physical wellbeing

Causes of Sleep Problems in MS

- Sleep is complicated!
- Some causes can include:
 - Lesions in brain structures involved in sleep
 - Changes in neurotransmitters involved in sleep
 - Vitamin D deficiency
 - Symptoms of MS (e.g., pain, urinary/bowel symptoms, fatigue, etc.)
 - Behaviors/habits
 - Depression, anxiety, and stress

What Do We Mean by 'Sleep Disturbance'?

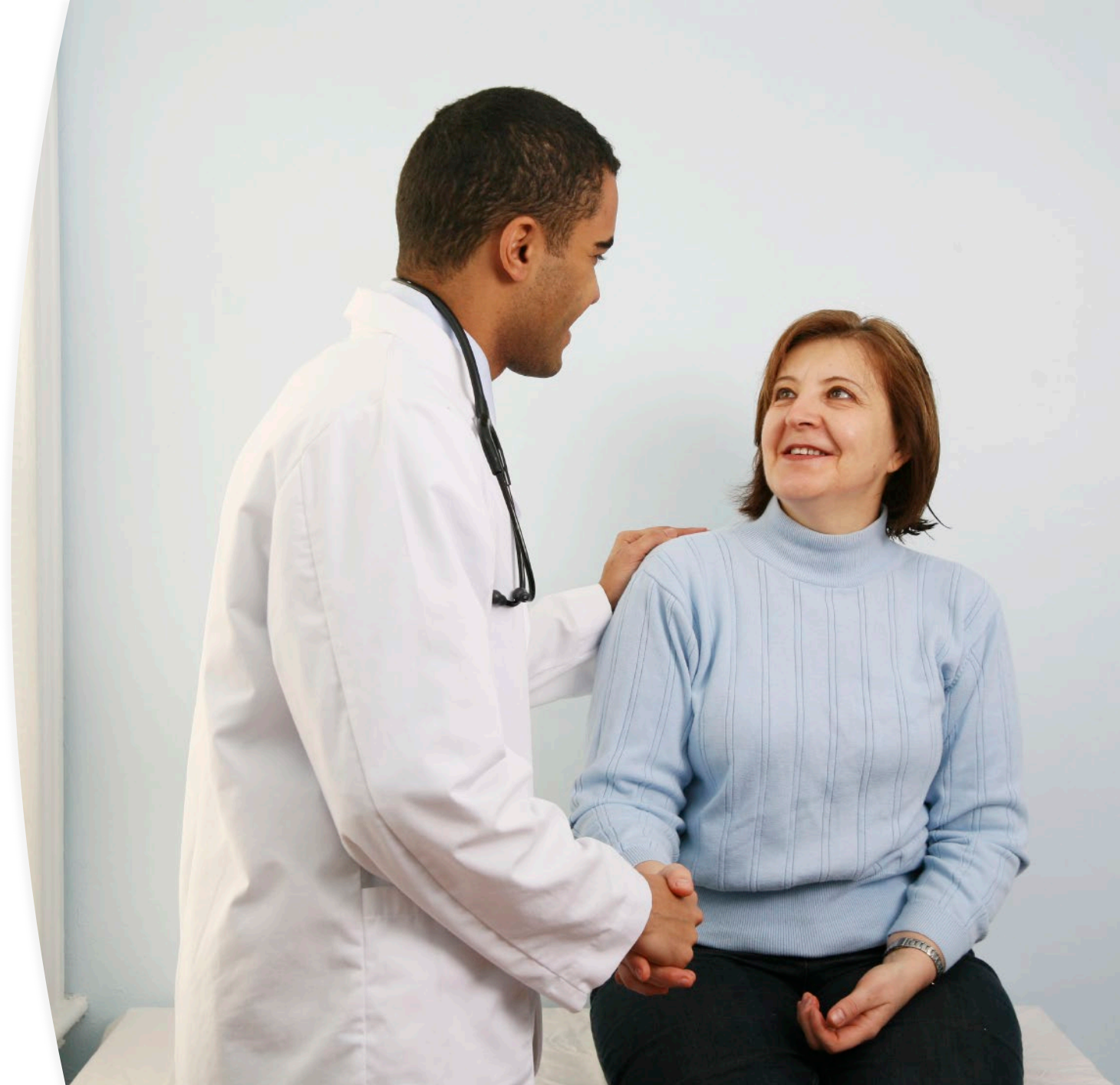
- Difficulty falling and staying asleep
- Sleeping too much
- Uncontrollable lapses into sleep
- Sleep-related breathing difficulties
- Abnormal movements and/or behavior during sleep
- Excessive daytime sleepiness



**In general, these problems lead
to impairment in one or more
areas of functioning**

How Do We Assess Sleep?

- If any these problems sound familiar to you, it is important to discuss with your healthcare team
- Sleep medicine specialists
- Thorough clinical interview
- Sleep study
 - PSG or HST
 - MSLT



What Are Some of The Most Common Sleep Disorders?

Insomnia

Sleep Apnea

Restless Legs Syndrome

Insomnia

- Acute Insomnia
 - Medical event
 - New stressor
- Chronic Insomnia
 - >3 nights/week
 - >3 months
 - Daytime dysfunction



Insomnia: The Insomnia Severity Index

Insomnia Problem	None	Mild	Moderate	Severe	Very Severe
1. Difficulty Falling Asleep	0	1	2	3	4
2. Difficulty Staying Asleep	0	1	2	3	4
3. Problems Waking Up Too Early	0	1	2	3	4

4. How satisfied/ dissatisfied are you with your CURRENT sleep pattern?	Very Satisfied (0)	Satisfied (1)	Moderately Satisfied (2)	Dissatisfied (3)	Very Dissatisfied (4)
5. How noticeable to others do you think your sleep problem is in terms of impairing the quality of your life?	Not at all Noticeable (0)	A Little (1)	Somewhat (2)	Much (4)	Very Much Noticeable (4)
6. How worried/distressed are you about your current sleep problems?	Not at all Noticeable (0)	A Little (1)	Somewhat (2)	Much (4)	Very Much Noticeable (4)
7. To what extent to you consider your sleep problems to interfere with your daily functioning currently?	Not at all Noticeable (0)	A Little (1)	Somewhat (2)	Much (4)	Very Much Noticeable (4)

Sleep Diary

	<i>sample</i>	
Today's date	04/01/17	
1. What time did you get into bed?	22:15 p.m.	
2. What time did you try to go to sleep?	11:30 p.m.	
3. How long did it take you to fall asleep?	55min.	
4. How many time did you wake up, not counting your final awakening?	3 times	
5. In total, how long did these awakening last?	1 hour 10 min.	
6. What time was your final awakening?	6:35 a.m.	
7. What time did you get out of the bed for the day?	7:20 a.m.	
8. How would you rate the quality of your sleep?	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good

A Note On Activity Trackers

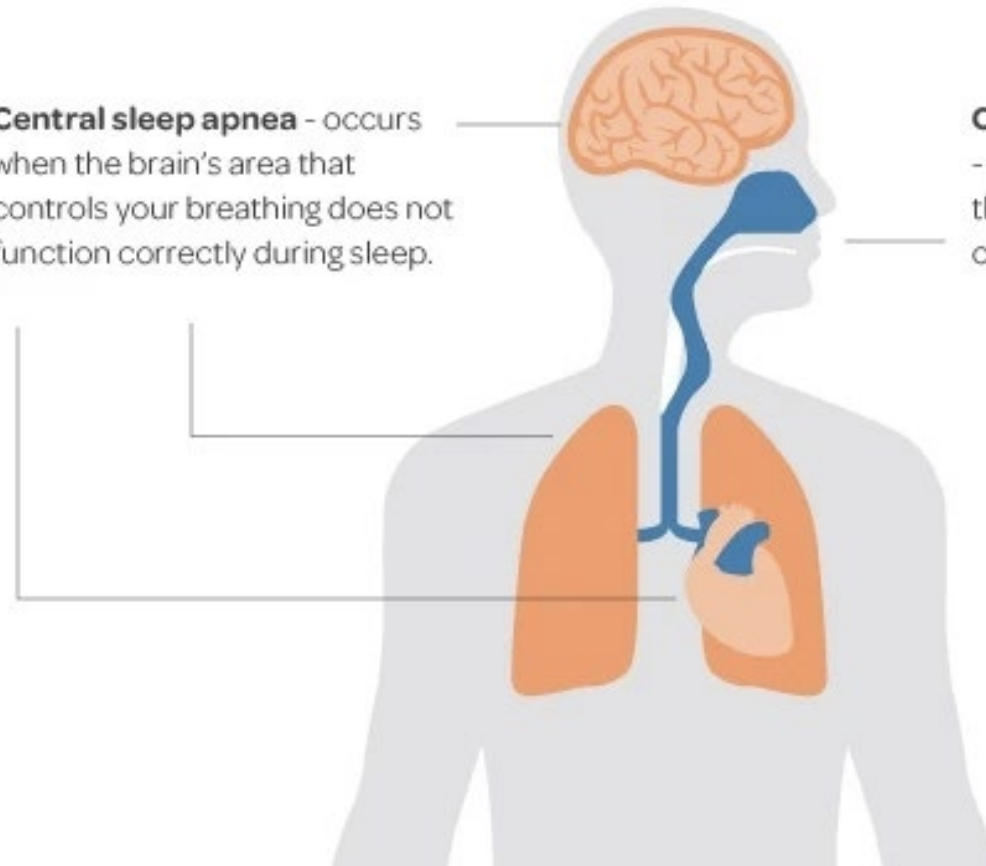
- 1 in 10 adults owns an activity tracker
- Research has found that wearable fitness trackers are less reliable in people who experience fragmented sleep and insomnia
- Relying on data from these tracking devices can sometimes increase anxiety about sleep —> which can worsen insomnia

Sleep Apnea

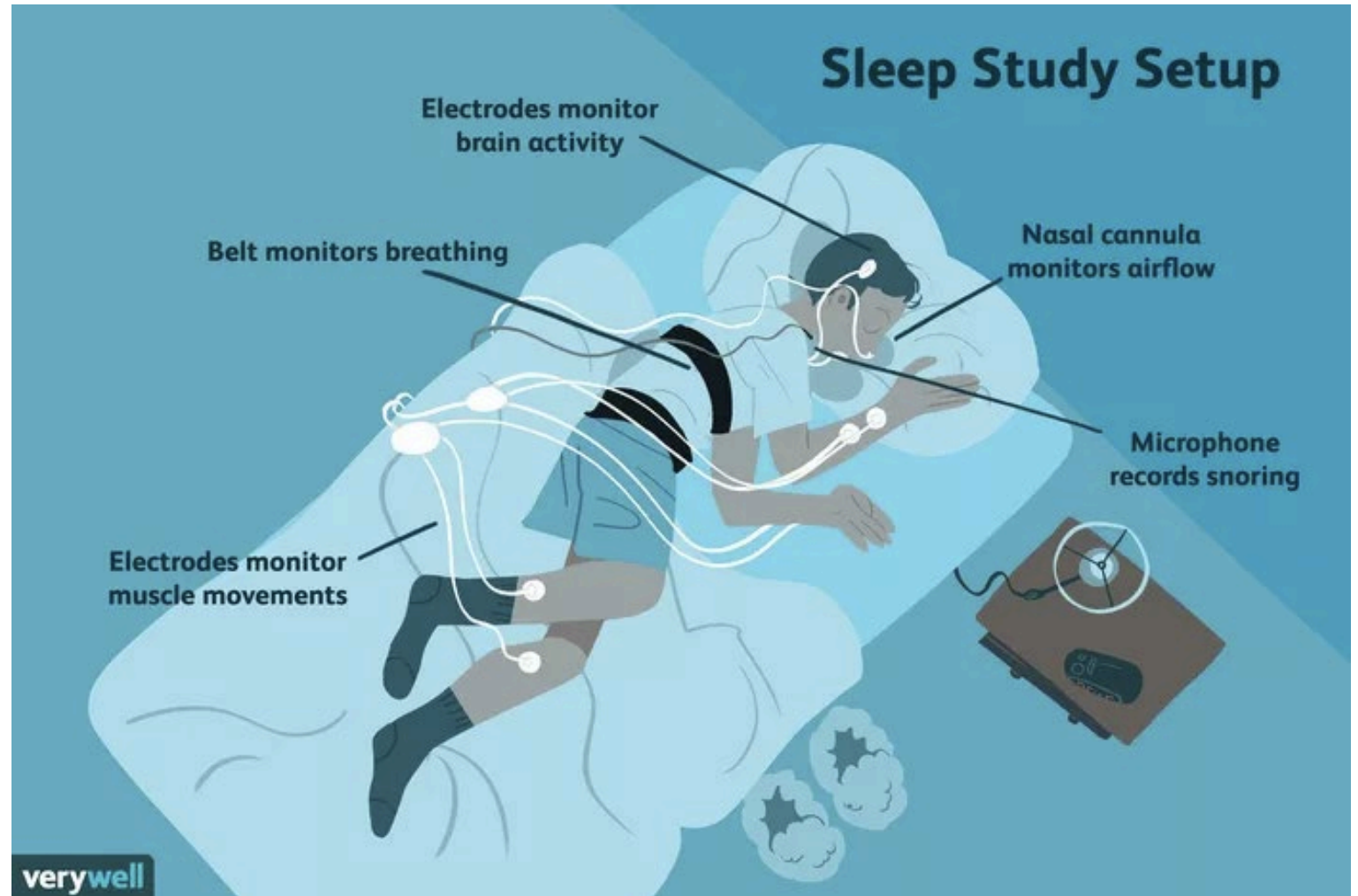
- Brief episodes of paused breathing
- Can be caused by airway obstruction or lesions in the brain
- Bed partners can often observe these
- Waking with dry mouth
- Snoring
- Morning headaches

Central sleep apnea - occurs when the brain's area that controls your breathing does not function correctly during sleep.

Obstructive sleep apnea - caused by obstructions in the upper airway that restrict oxygen to the body



Sleep Apnea: Sleep Study



Restless Legs

- Different from spasms/tremors (uncontrollable movements)
- The movement is voluntary, but its in response to a very uncomfortable sensation in the legs that only goes away when moving



Strategies For Managing Sleep Problems

- First - consult with your healthcare team
- Evaluation by sleep medicine specialist
 - You may need a sleep study to rule out different causes of poor sleep
 - Many people with MS can have more than one type of sleep disturbance (e.g., insomnia and sleep apnea)

A close-up photograph of a cat's face, focusing on its eyes and whiskers. The image is overlaid with a semi-transparent teal color. The text "How To Fall Asleep & Stay Asleep" is written in white, bold, sans-serif font across the middle of the image. A solid yellow horizontal bar is located at the bottom of the frame.

How To Fall Asleep & Stay Asleep

Treatment and Management

A multidisciplinary approach is best

- MS symptom management
- Medications
- Medical equipment
- Behavioral sleep medicine
 - Cognitive Behavioral Therapy for Insomnia (CBT-i)

Strategies For Better Sleep

- Wake up and get out of bed at the same time every day
- Go to bed only when you are sleepy
- Get out of bed when you are unable to sleep (exceptions apply)
- Use the bed only for sleeping (or rather, the 3 S's)
- Be strategic with naps
- Create a “buffer zone” or quiet time before bed
- Try to avoid worrying or planning in bed

Strategies For Better Sleep

- Turn the clock around
- Limit caffeine
- Limit alcohol and avoid consuming within 3 hours of bedtime
- Exercise regularly but not close to bedtime
- Keep your bedroom quiet, dark, and cool
- Avoid heavy meals prior to bedtime
- Try to expose yourself to sunlight first thing in the AM if able and avoid electronics close to bedtime

Resources



[National MS Society - Sleep](#)



[Fatigue and Sleep - CDMS Webinar](#)



[MS and Sleep - Sleep Foundation](#)

References

Bamer AM, Johnson KL, Amtmann D, Kraft GH. Prevalence of sleep problems in individuals with multiple sclerosis. Mult Scler. 2008;14(8):1127–30

Mansukhani, Meghna P., and Bhanu Prakash Kolla. "Apps and fitness trackers that measure sleep: Are they useful." Cleve Clin J Med 84.6 (2017): 451-456.

Q & A





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WEBINAR 
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How To Be Your Sexual Self With MS

Wednesday, November 2 at 8pm ET

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