

Sleep Well™ with Biofeedback

- **Uses simple relaxation techniques that remove the stress that causes sleeplessness**
- **Helps you identify your sleep disorder**
- **Instructs you in healthy sleep routines**
- **Employs the GSR 2 Relaxation Monitor, that helps you learn how to relax deeply**
- **Includes a two-hour cassette program and complete manual**
- **Developed and field-tested by leading psychologists**



Table of Contents

INTRODUCTION.....	3
AUDIO SEQUENCES	4
SLEEP DISORDERS EXPLAINED	4
HOW TO DEVELOP GOOD SLEEP HABITS.....	4
SLEEP WELL – SLEEP INDUCTION WITHOUT MUSIC	4
SLEEP WELL – SLEEP INDUCTION WITH MUSIC	4
RELAXATION AND SLEEPLESSNESS	5
GETTING STARTED.....	7
SOME BASIC RULES:	8
PRE-SLEEP TRAINING TECHNIQUE	10
CHARTING YOUR PROGRESS:	11
KEY TO PROGRESS CHART: LEGEND	11

Introduction

This tested and proven sleep improvement program uses simple behavioural techniques developed by Dr. Peter Hauri, Director of the Dartmouth-Hitchcock Sleep Disorders Center, Dartmouth Medical School. With this program you learn to identify your sleeping problem, develop healthy sleep routines, and more importantly, understand and control the stress factors in your life that lead to sleeplessness. The biofeedback device will help you learn a valuable skill — how to relax deeply and quickly.

This program is essentially an audio experience, please listen to the audio first. Then refer to the manual. This manual should serve to refresh your memory on key points and operating instructions. It also provides a record-keeping form to chart your progress over a 30 day period. The accompanying GSR2 manual will provide you with detailed information on the biofeedback device.

Audio Sequences

Sleep Disorders Explained

How to Develop Good Sleep Habits

Sleep Well – Sleep Induction Without Music

Sleep Well – Sleep Induction With Music

Relaxation and Sleeplessness

Many people who have difficulty getting to sleep and/or staying asleep have never learned to relax very deeply. For them, learning relaxation skills may alleviate their sleeplessness. Research suggests that the type of relaxation technique is less important than that it be well learned. However, there are some points to ponder:

- Not all people with sleep disorders are tense, and those who are biologically relaxed but still cannot sleep, may not benefit directly from relaxation training. Nonetheless, learning relaxation skills will assist them in coping with day to day stress and this can help reduce the contribution of psychological factors to their sleeplessness.
- The relaxation training program should be used at the time of sleep onset – at the time when conscious control is waning. It is also important to practice for more than a few hours. Research has shown that 5 to 30 sessions of concentrated relaxation training (20-30 minutes) may be necessary before your sleeping problem will start to improve.

- Relaxation training helps all tense people, not just those with sleep-onset problems. Tense patients, especially older ones, may fall asleep easily in the evening from sheer exhaustion. Awakening naturally a few hours later, as all people do, they may then have difficulty returning to sleep and could use relaxation skills.

Getting Started

The ideal way to use any biofeedback or relaxation program is to practice for 20-30 minutes per day for several days. In the beginning, do not practice too close to your usual retiring time. When you have achieved good control, experiencing deep relaxation during these practice sessions, you can then use the newly learned relaxation skills at bedtimes. Good times to practice are at the end of the working day, perhaps before dinner, or during lunch hour.

Initially, the GSR2 should be used with the relaxation exercise in the audio induction. After several training sessions, you will learn which of the relaxation and breathing exercises works best to decrease the tone of your GSR2 device. At this point you can discontinue the tape, using the GSR2 alone.

Eventually, you will find that within 3-5 minutes you can produce a significant tonal decrease and experience a drowsy state. At this time, you should start to use the instrument at bedtime — perhaps initially with the relaxation audio induction. However, if you have learned control in the previous exercises, you can use the instrument alone.

Some Basic Rules:

In addition to the use of biofeedback, it is best to follow the simple rules outlined earlier.

First: Do not nap during the day.

Second: Avoid the use of stimulants such as coffee, tea, cola drinks or chocolate.

Third: Eat a light snack before retiring.

Fourth: Go to bed only when sleepy.

Fifth: Use the bed for sleeping; do not read, watch televisions, or eat in bed. This helps you avoid associating the bed with other things which provoke thoughts or physical activity.

- Sixth:** If unable to sleep even after 10-20 minutes using the GSR2, get up and move to another room. Stay up until you are really sleepy, then return to bed. Again, if still awake after 10 minutes use the GSR2 for an additional 20 minutes. If sleep still does not come easily, get out of bed again. The goal is to associate the bed only with falling asleep quickly.
- Seventh:** Repeat the step above as often as necessary throughout the night.
- Eighth:** Set the alarm and get up at the same time every morning regardless of how much you slept during the night. This helps the body acquire a constant sleep-awake.

This therapy is very powerful, it can only be successful if you are strongly motivated and faithfully follow the program. Be patient, remember how long you have suffered from sleeplessness and how good it will feel to experience truly deep and restful sleep.

Pre-Sleep Training Technique

Lie in bed comfortably on your back with your neck supported by a low pillow. Position your feet about 8 inches apart and place the first two fingers of your left hand on the instrument so that the dial is accessible to your left thumb.

Place your left hand on your chest, slightly below your breasts, or on the bed by your side – whichever is more comfortable.

Now, slowly turn the dial with your thumb until you hear a pleasant, low tone. Simply observe the tone. Do not try to lower the tone, but just observe how it changes with your breathing and lowers as your mind and body relax. If you succeed in lowering the tone so that the tone disappears, gently turn the dial to the previous low tone and continue to relax. Once you have drifted off to sleep and your left arm falls to your side, the instrument will automatically turn itself off.

Charting Your Progress:

The chart will show you your progress over 30 days. Ideally, your pre-sleep stress level, the time to sleep onset, the number of awakenings and your consumption of sleep medication will decrease as you learn the biofeedback relaxation skills.

Key To Progress Chart: Legend

Time to Fall Asleep:	approximate time from intention to sleep to actual sleep (a partner is useful here). Remember to complete this in the morning.
Number of Awakenings:	total number of times you awoke during the night.
Hours of Sleep:	total approximate hours excluding awakenings.

Stress Level Pre-Sleep: on a scale of 0-10 (no stress to highest experienced stress) rate how stressed you felt at bedtime.

Used GSR2: mark yes or no (Y or N) if you used the GSR2 either alone or with taped relaxation.

Medication Used: amount (number of pills) if any taken to assist sleep.

Sleep Quality: rate your sleep quality from 0-10 (0 being terrible, 10 being excellent).

Days	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Time to fall asleep:															
Number of awakenings:															
Hours of sleep:															
Stress level:															
Pre-sleep:															
Used GSR 2:															
Medication used:															
Sleep quality:															

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Pre-sleep:															
Used GSR 2:															
Medication used:															
Sleep quality:															

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Biofeedback Monitors

- Heart Rate
- Blood Volume Pulse (BVP)
- Muscle Tension (EMG)
- Temperature
- Skin Conductance(SC)
- Electrocardiography (EKG)
- Electroencephalography (EEG)
- Respiration

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Biofeedback helps you sleep well...and more

This tested and proven Sleep Improvement Program uses simple behavioral techniques developed by Peter Hauri, Ph.D., Director of the Dartmouth-Hitchcock Sleep Disorders Center, Dartmouth Medical School.

First, through an extensive list of sleep disorders and symptoms, you identify and understand the nature of your sleeping problem. You are instructed in proper routines for sleeping, including practical, effective tips proven in use at the Sleep Disorder Center.

The combination of Biofeedback and Behavioral Management Techniques works effectively to help you control stress, relax deeply and sleep well.

The unique feature of the program is the inclusion of Thought Technology's award winning GSR 2 Biofeedback Monitor which measures changes in skin pore size, an instant accurate indication of changes in stress.

The hand held GSR 2 turns itself on automatically at the touch of your fingertips and

emits a tone. Tension raises the tone, relaxation lowers it and you quickly learn deep relaxation skills which can help you fall asleep and stay asleep. In effect, your subconscious behavior patterns are altered to help you sleep better.

Even more important, this newly-discovered ability to control stress and relax deeply will release powers and capabilities within you that have been restricted by tension for years. There'll be a change in your outlook, attitudes and lifestyle.



1975, 1977, 1978, 1984 International Design Awards, Geneva, Switzerland, Nuremberg, Germany

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Sleep Well with Biofeedback is a product of Thought Technology Ltd., leaders in the development of stress-control products and programs used by medical, educational and sports professionals worldwide.