

Checklist for Session 2: Nightmares, Stress, and Relaxation Training

- **Review Sleep Diary and Nightmare Log and Changes to Sleep Habits (5 minutes)**
- **Develop New Sleep Plan (5 minutes)**
- **Helpful Sleep Habits Continued (5 minutes)**
 - #11. Reduce Safety Behaviors at Night
 - Identify and limit additional checking behaviors
 - #12. Schedule Worry Time or Planning Time Well Before Bedtime
 - Take control over your worries
- **Nightmares, Stress, and Sleep (5 minutes)**
 - Impact of Nightmares
- **Theories About Nightmares (5 minutes)**
 - Emotional Processing/Trauma Processing
 - Mood Matching
- **Relaxation Techniques (20 minutes)**
 - Introduction
 - In-Session Practice of Progressive Muscle Relaxation (PMR) with Guided Imagery
- **Assign Home Practice (5 minutes)**
 - Follow your “New Sleep Plan.”
 - Complete the Sleep Diary and Nightmare Log.
 - Review session information in the patient packet and bring any questions to the next session.
 - Practice the relaxation exercise at least two times per day, with one of these times near bedtime, and record your practice on the Sleep Diary and Nightmare Log.

Session 2: Nightmares, Stress, and Relaxation Training

I hope you found the information and skills in the last session useful. Today, we will review your Sleep Diary and Nightmare Log and change your sleep routine as needed to try to improve your sleep. Then we will talk more about what we know about nightmares and discuss some relaxation skills that might help you improve your ability to sleep.

REVIEW SLEEP DIARY AND NIGHTMARE LOG AND DISCUSS CHANGES TO SLEEP HABITS

Let's take a look at your Sleep Diary and Nightmare Log and see how you did this week.

- How did it go following each step of the sleep plan since last session
- Did you notice any changes in your nightmares or sleep?
- What were the major challenges you faced?

Develop New Sleep Plan (5 minutes)

- Let's update your "New Sleep Plan"
- Are there any habits that you feel are pretty natural to you now? The more you practice the new habits, the more natural they will become.
- What new habit or habits would you like to add to your sleep plan? Let's work on those habits that are the most likely to have the biggest impact on your sleep.



Troubleshoot and Encourage as Necessary

- Review Healthy Sleep Habit rationales as needed.
- Poor sleep habits may include avoiding thinking about the trauma or nightmares. This may make it more difficult to change these types of habits.
 - Formal or informal cognitive restructuring techniques may be used to assist the patient in identifying thoughts to help them engage in changing some habits.
 - Recognizing the motivation behind unhelpful habits can inform you how you might proceed. Are the patient's symptoms leading them to feel overwhelmed with making changes? Is avoidance leading to difficulties making changes?
 - Using a more gradual approach by changing one or two habits at a time, using a hierarchy instead of changing a lot of habits all at once, or making changes to a specific habit gradually may be indicated (See Session 1 Troubleshooting section "Setting Patients Up for Success in Changing Sleep Habits for more details").
- Help the patient recruit support from others as needed. For example, encourage the patient to have their bed partner review the material or even join session to understand why these changes to sleep are important for the patient. Alternatively, consider role-playing the discussion they can have with their bed partner at home. Teaching others the guidelines will reinforce learning.
- Remind them:
 - It is common for people to experience some trouble staying on track throughout treatment. How they handle this can make all the difference between getting the most out of the treatment and dropping out.

- Instead of feeling guilt, self-blame, or thinking there is no use in continuing to work on the treatment, it can be helpful to focus on any progress made so far and to set realistic goals.
- A slip is just a mistake and not a sign of weakness. People often have such slips, and most learn from them and succeed in the long run.
- It can be helpful to think about what got them off track and how to help prevent similar problems next time.
- It can be helpful to push oneself to practice even when one does not really feel up for it. If it's not the best effort, that's okay. At least practice will be in gear rather than staying stuck in neutral.

HELPFUL HABIT 11: Reduce Safety Behaviors at Night

[SLEEP HABIT SURVEY, Q8: If the patient endorsed a shaded answer, address this HELPFUL HABIT, focusing on the item(s) they endorsed.]

A safety behavior is a habit that people develop to help them cope with anxiety. Safety behaviors typically reduce anxiety in the moment, but can actually maintain nightmares and insomnia in the long term because they activate you. They may make you feel like you have more control of a situation than you actually do. Safety behaviors might include:

- Checking locks, doors, security/surveillance cameras several times a night
- Getting out of bed to check the perimeter of your home
- Keeping the TV on or extra lights on all night
- Getting up to check out noises during the night
- Checking on family members several times a night
- Sleeping with a weapon near your bed

Do you currently check for safety at night or when sleeping? [Consider objective safety of the person's environment and items endorsed on the Fear of Sleep Inventory, if administered.]

While it makes sense to check for safety before going to bed or if you hear a very loud noise during the night, additional safety behaviors may interfere with sleep and progress in treatment. If you are lying in bed and thinking about how you and your family could be harmed, it will be difficult to relax enough to go to sleep. It may seem that going to check out every noise that you hear while you're lying in bed would help you cope with these fears, but this sort of checking behavior can actually interfere with your sleep and maintain your symptoms.

Some Reasons Why Safety Behaviors Are Not Relaxing

- Remember that safety behaviors may decrease anxiety in the short term, but in the long term, they maintain stress and hypervigilance.
- For example, if you hear a noise and you feel nervous, getting out of bed to check and finding out that nothing is wrong makes you feel better immediately. However, you will keep checking on every noise you hear while you are in bed, because you are sending a message to your brain that unless you get out of bed to check on the noise, you and your family are not safe.
- Until you start to resist checking, you will not get to see that you would be safe even if you do not get out of bed. Over time, the urge to check will decrease if you do not check every noise.

Working toward Reducing Safety Behaviors

- It is fine to check your doors and windows once before going to sleep. Then, identify a space in your home where you will go to relax if you wake up. Choose a place that does not include anything you can check (e.g., windows, doors, cameras), and gather anything you will need for relaxation (book, music, etc.). Follow the guidelines of returning to bed only when sleepy.
- If you feel the urge to check, remind yourself that it is better in the long run not to check. Examine the evidence for and against your thought. What is the evidence that something is wrong? What is the evidence that nothing is wrong? Use the answers to these questions to develop a more balanced and perhaps more accurate thought. Then, do a relaxing activity such as reading, deep breathing, listening to calming music, or prayer.
- It can also be helpful to have a physical reminder that you have already checked. For example, put a note by the bed or doorframe or have an object with two different colors that you can turn over once you have checked. Then, if the urge to check comes back during the night, you will have a physical reminder that you have already checked.
- Initially, you may feel more anxiety when you do not check. However, the more consistently that you keep yourself from checking, the faster the urge to check will decrease.
- If you find you are lying in bed ruminating about not checking, get out of bed and go to the area you previously identified to relax that does not have things you can check. Return to bed when you feel sleepy.

Before we move on, what questions do you have?

HELPFUL HABIT 12: Schedule Worry Time or Planning Time Well Before Bedtime [SLEEP HABIT SURVEY, Q9: If the patient endorsed a shaded answer, address this HELPFUL HABIT.]

- Some people find it hard to get to sleep because they are thinking about the past, worrying, or thinking about what they need to do the next day. If this happens to you, an exercise to help close out the day is to schedule a “Worry Time,” “Planning Time,” or “Preemptive Problem-Solving Time.”
- This strategy will help you take control over your worries, rather than feeling like your mind is working against you or running wild at night.
- First, pick a time well before bed that you can spend 20 minutes worrying, planning, or problem solving every day. During other times, write your worries down on paper.
- Second, when it is your “Worry Time/Planning Time/Preemptive Problem-Solving Time,” get out your written list, and worry on purpose. Set a timer.
- As you look over the list, ask yourself: “Will I be able to find a solution to any of these before I sleep tonight?”
 - If so, solve the problem.
 - However, most things on your list will not be able to be solved before you go to sleep that night. Be honest with yourself and acknowledge that some things are not solvable right away.
 - Consider if the problem cannot be solved, is there a next step you can take toward solving the problem? If so, do that!
- Third, when the time is up, go back to writing down your worries on the list and save them for the next “Worry Time/Planning Time/Preemptive Problem-Solving Time.”

- At night, remind yourself that the day is done, and that nighttime is not the best time for worrying or solving problems. It's worth it to not worry in bed!
- If additional worries or to-do items come up at night, write them on the list for the next time.
- If you stay at it, your mind will probably spend less time worrying over and over about the same things. You may notice that your mind is not racing all over the place as much as it used to. In the meantime, be patient with yourself! It can take time to notice the impact of this habit.

NIGHTMARES, STRESS, AND SLEEP

[Show patient figure.]

Stress can be a cause and a result of nightmares and insomnia. As we talked about last session, nightmares and insomnia often start after stressful events. Next, we are going to talk about how nightmares can impact the body, thoughts, and actions.

IMPACT OF NIGHTMARES

Nightmares Impact the Body

People with nightmares may:

- Feel extra alert and wired close to bedtime
- Feel confused, forgetful, and frustrated during the day because of sleep loss
- Have symptoms of panic when waking from a nightmare including
 - Racing heart
 - Shakiness
 - Sweating
 - Difficulty breathing
 - Feeling like you're choking
 - Dizziness
 - Upset stomach
 - Feelings of numbness/tingling

Nightmares Impact Thoughts

People with nightmares may have thoughts like:

- "I will not ever get over the nightmares or the trauma."
- "I've tried everything to get my sleep back on track and nothing works."
- "If I go to sleep, I'll just have another nightmare."
- "I will not ever be able to sleep."
- "I'm worried I will have a nightmare tonight."

Nightmares Impact Actions

People with nightmares may try coping by:

- Using medications, marijuana, alcohol, or other drugs
- Avoiding reminders of the nightmares or the trauma



- Avoiding sleep
- Watching television or reading in bed
- Sleeping during the day instead of at night
- Using a lot of energy drinks, coffee, or other forms of caffeine to try to stay awake

Nightmares may also affect other areas of your life:

- For example, if you are not getting as much sleep, you may start using a lot of caffeine during the day. Many people start using alcohol to fall asleep. Now, instead of just the nightmares and their problems, you may also be dependent on caffeine to get through the day or end up addicted to alcohol.

Do you find yourself getting upset before going to bed? What is this like for you?

Having nightmares may also make you feel more upset during the day. You might think more about the trauma or remember parts of the nightmare. The feelings from the nightmare may stick around and be hard to shake off, which could change your mood or actions.

Do you have more trouble than usual the day after a bad nightmare? What is that like for you? How do you cope?

- What you are experiencing is a cycle. This cycle includes nightmares, feeling upset, and feeling more stressed out, nervous, or tense.
- This, in turn, can lead to more nightmares.
- This treatment is designed to help you break this cycle and help you feel better in many parts of your life. That's why it's so important to test everything out to see what works for you!

THEORIES ABOUT NIGHTMARES

Before we talk about nightmares, let's talk about dreams that are not nightmares. Scientists are still trying to understand dreams, but here is some of what we know:

- When we sleep, the parts of the brain that process feelings (i.e., the amygdala) and memories (i.e., the hippocampus) are both very active and firing off signals.
- We also know that the part of the brain that does the thinking and planning (the frontal lobes) gets to take a break . . . mostly.
- One idea for why dreams happen is that the part of the brain that plans and thinks is half-asleep but still picks up some of the signals being fired by the feeling and memory parts of the brain. The thinking part of the brain does what it does best and tries to shape the signals into some sort of story. However, the story in the dream often does not make much sense when we think about it in the morning.
- This is why you can sometimes link your dream to something that happened recently or to intense emotions or pieces of old memories.
- Dreams are a normal part of sleep that helps us with emotion processing and memory processing.

Researchers have come up with a few reasons why nightmares start. We'll talk about two theories of how nightmares develop.

Emotional Processing / Trauma Processing

The first theory is that a nightmare is your mind's way of trying to process trauma-related information. Nightmares are one of the intrusive symptoms of PTSD.

- Another way to think of it is that the memories of the trauma are not worked through the right way or stored in the brain properly. This may be because of having strong negative feelings during the trauma. The mind may be trying to work through this information. This might happen during the day through flashbacks and thoughts that pop into your mind, and at night through nightmares or bad dreams.
- Some researchers believe that nightmares may be the mind's way of trying to process parts of your thoughts or feelings about the trauma. Remember vinyl records, and how they sometimes skip? The record player gets hung up on one spot but keeps trying over and over to play at the same place. Or, have you ever updated your smartphone, laptop or other device and it got caught in a cycle or rebooting? The device just keeps refreshing or restarting over and over again. In the same way, having nightmares may be your mind's way of trying to get control over those parts of the trauma or what happened afterward. However, something is stuck and it is not working right, or you would not still be having nightmares.
- Because the memories, feelings, and images from traumatic events are really intense, they are easy for the brain to access to include in the dream story. Over time, this can also become a habit for the brain.
- Nightmares may also reflect important issues related to trauma that have not been worked through. These might be issues that you see show up in other areas of your life (e.g., feelings of powerlessness, feeling bad about yourself, not feeling safe, not wanting to be close to other people, or trust).
- Because we wake up from nightmares, the storyline does not have the chance to come to a conclusion. Also, because the thinking part of our brain is largely shut down when nightmares occur, very little new information or new ways of thinking are able to influence the nightmares. This may be why many people having the same nightmare, or the same type of nightmares, over and over again. When awake, people tend to avoid thinking about the nightmare, again preventing the opportunity for new information, perspectives, and thoughts to influence what we are dreaming about.

Mood Matching

The second theory of nightmare development is mood matching.

- This is the idea that dreams and nightmares may be stories for our emotions (e.g., fear, terror, guilt). So, if you go to sleep feeling nervous, when it comes time to dream, your brain may reach for a story in which you feel nervous. For example, a story in which you keep getting things wrong, or you're just too late to stop a problem. If you feel a lot of stress as you're falling asleep, then your mind may give you an upsetting story to dream.
- To look at a different example, you might choose to listen to music based on how you feel. If you feel angry, you might listen to loud rock, rap, or dub step. On the other hand, if you feel mellow, you might listen to country, R&B, jazz, or pop. You match the music to your mood. You listen to a different type of music when you are getting a massage versus when you are working out.
- Your mind may also pull in information from your current life into your dreams. This helps to explain why your dreams or nightmares might change over time. You might see

your family pop into dreams about trauma, or a traumatic event happens at your current job.

Why You Are Having Nightmares

Which of these theories do you think fits best with your experience?

Having an understanding of nightmares can help us feel some control over something that often feels random and uncontrollable.

RELAXATION TECHNIQUES

As discussed, stress and nightmares can serve as triggers for the nightmare cycle, which have an impact on your sleep:

- Stress leads to physical arousal.
- Physical arousal inhibits sleep and may increase the chance of having a nightmare.
- Difficulty sleeping increases stress, restarting the cycle.

Since stress can interfere with sleep, it is important for you to learn how to:

- Help prevent your body from getting tense at bedtime and
- Truly relax your body.

This section will focus on helping you learn a relaxation technique to achieve both of these goals.

- Even without specific techniques, we often try to initiate a relaxation response by engaging in an activity we find relaxing (e.g., exercise, reading, listening to music, hobbies, taking a walk, watching TV, fishing).
- These methods require special equipment (e.g., a TV, fishing rod, book, etc.), a large amount of time (an afternoon to fish, an hour to watch a TV program), or a special setting (TV room, a river).
- The relaxation technique we are going to teach you does not require any special equipment. In the next session, we will also teach you a relaxation strategy that can be used anytime and anywhere.

Have you heard of relaxation techniques before or even tried them?



Troubleshooting: Beliefs or Worries About Relaxation

- Many people report something like: “I tried one of those relaxation apps a few nights, but it did not help.”
 - There are two reasons why it might not have helped:
 1. Trying relaxation in isolation, instead of while also following the other helpful habits we have discussed.
 2. Not getting adequate training in the skill or enough **practice** to get good at it.
- Sometimes people who live in objectively unsafe neighborhoods find it challenging to “relax” or feel like they should not relax.

- This is very understandable. We know that our bodies have a hard time when we are “on guard” all of the time. Your body is already very prepared to be alert.
- Now, we need to train your body to know how to relax.
- Practicing relaxation is not the same as accepting or being okay with your situation, but it could offer you a way to care for yourself even during difficult life situations.
- Practicing relaxation can also help you to get more quality sleep so you feel rested and can face challenges that may show up during the day.



- Some providers have concerns that active-duty military personnel or veterans will perceive relaxation training as “cheesy,” “wimpy,” or “soft.” In these cases, it can be helpful to talk about relaxation as a “performance enhancement strategy” or as “tactical breathing” with related examples:
 - Infantry learn that they need good, rhythmic, careful breathing patterns to help keep relaxed when shooting a weapon and to time the shots with the breathing pattern for increased accuracy.
 - Professional athletes focus on breathing and imagery to perform at the highest level possible. When shooting free throws, NBA basketball players close their eyes, visualize their shot, and take a deep breath to enhance the energy in the body.
- It can also be helpful to explain that when there is an objectively dangerous situation, you want to have a stress reaction with as much energy as possible. Between dangerous situations, relaxation training is an energy conservation strategy.

PROGRESSIVE MUSCLE RELAXATION (PMR) WITH GUIDED IMAGERY

[The Relaxation Script below takes 8-10 minutes. Additional longer scripts and media files are included in the Resources.]

- PMR and Guided Imagery are tools that are effective in helping people relax.
- In progressive muscle relaxation, you will take charge of the voluntary muscles in your body by tensing muscles and then releasing that tension. Upon release, muscles “rebound” to a more relaxed state than prior to the tension.
- Only tense your muscles a third or a half of the maximum tension. The tension should NOT cause pain.
- Relaxation also involves breathing deeply, slowly, and rhythmically.
- In guided imagery, you will paint a pleasant picture in your mind’s eye. Similar to how athletes enhance their body’s performance by visualizing their performance, you can visualize relaxing scenes to enhance your body’s relaxation response.
- Before we discuss the technique, let’s go over a few key points of how to be successful when doing any relaxation technique.
 - Remember that relaxation is a skill. It may feel unnatural or awkward at first, but with practice it should become easier.
 - A passive attitude is key for maximal relaxation. You cannot force yourself to relax. Trying really hard will only work against you.
 - As you do the exercise you may find that you have a sensation of tingling, floating, warmth, or sleepiness. This is normal. A small percentage of people become more anxious as they become more aware of everything going on in their body. If you find

- yourself becoming more anxious or feeling out of control, remember that this is normal; it may just take you a little more time to become comfortable with relaxation.
- Distraction is normal. If you find your mind wandering, gently redirect your thoughts to the task at hand. With continued practice you will find that your mind will wander less and less and that you will be able to become deeply relaxed. Repeating a word or phrase (e.g., “relax”) to yourself may help you keep your thoughts focused on relaxing

[Before you begin:]

Tell me how tense you feel on a scale of 0–100, with 0 = completely and deeply relaxed throughout your body, and 100 = extremely tense throughout your body. [Make a note of response.]

[Play an audio media file or read the script below.]

Progressive Muscle Relaxation (PMR) With Guided Imagery: Script 1

- Settle into your chair with your arms at rest.... Your feet flat on the floor Now gently close your eyes or, if that is uncomfortable, focus your gaze on a neutral spot on the floor or wall Take three slow deep breaths and take about twice as long to exhale as you take to inhale... Notice the soothing flow of air into and out of your lungs and diaphragm... ok, good...
- Now, let's begin by you making a tight fist with both of your hands ... if your nails are long, just turn your fingers under and put them on the outside of your palm and press... notice the tension in the muscles of your hands... notice the tightness... study this.
- Now, let go of the tension and relax those muscles. Notice the difference between the relaxation that you feel now in those muscles and the tension that you felt only a moment ago. Ok, now let's do that again. ..make sure when you tense your muscles that you tense only those muscles and not other muscles in your body. You are making a tight fist now with both hands... study the tension in those muscles... now let go and relax ... notice the sensations of relaxation that are so much greater now. Just let your hands be completely loose and limp.
- Next, tense your biceps and only your biceps, just like you're showing off your muscles. Bringing your arms up and flexing your muscles... study the tension you feel in each of your upper arms... your left arm... your right arm... notice these sensations ... now notice the difference as you relax, let go of the tension....and notice the difference.
- Now, the next muscles involved are the shoulders and the upper part of the back. Simply extend your arms in front of you and pull your shoulders forward, stretching them forward. Notice the tension in your shoulders and upper back... study this. Notice these sensations. Now be very aware of the difference as you let go completely and relax these muscles... Settling back into the chair. Noticing the heavier, warmer feeling in these relaxed muscles.
- Now, push your shoulders back. Do this by simply leaning forward slightly and moving your arms back so as to push your chest out. Notice the tension in your shoulders and notice the difference as you relax those muscles. Just let go of all the tension now and relax.

- The next series of exercises involve the neck muscles. These muscles are easier to strain than most, so tense only enough so that you can feel the muscles tighten, but not hard enough to hurt yourself.
- Tilt your head to the left... feeling a tightness in the muscles on the right side of your neck... notice the difference now as you let go of that tension... just relax... Now, tilt your head to the right... again, become aware of the tightness in the muscles on the left side of your neck... and now completely let go and relax those muscles... You are continuing to breathe deeply and slowly... in and out...
- Now let's move to the muscles of your face. Push your lips together as hard as you can... again, notice the tightness in the muscles around your mouth... and now let go totally and relax these muscles...
- Now close your eyes tightly, tensing the muscles around your eyes... concentrate on the tension and notice the difference as you relax the muscles around your eyes... release all of the tension there...
- And now tense the muscles of your forehead, by raising your eyebrows... notice the tense sensations... and now... relax... As you did earlier, you are taking slow, deep breaths, taking about twice as long to exhale as you do to inhale. On your next inhale, think the word "peaceful," and as you exhale, think the word "calm"... ready... peaceful, calm... peaceful, calm... peaceful, calm...
- The next muscles I would like for you to tense are the muscles in your stomach. Without changing your slow pattern of breathing, pull your stomach in and notice the uncomfortable tightness of the muscles in your stomach... Now at the same time that you are exhaling, let go of that tension and relax... now, tense your stomach muscles by pushing your stomach out... continuing to breathe and noticing the tightness there... and at the same time that you exhale, relax those muscles. Notice the sensations... warmth, heaviness, relaxation in your midsection...
- Now, focus your attention on your thighs. Tighten the muscles by extending your legs in front of you and raising them just slightly in the air... focusing on the knots of tension in your thighs, its uncomfortable... but now, notice the difference as you exhale and let go of that tension. Just lower your legs and completely relax. You can feel the warm flow of relaxation moving through your thighs.
- Now, point your toes back toward your head so that the muscles around your ankles and calves become tense... notice the hard tightness in your calves...and while exhaling, release that tension and relax...
- Now, point your toes away from you and again, sense the tension in your feet and lower legs... while exhaling, let go of that tension and relax...
- Now, you will deepen the level of relaxation you feel throughout your entire body by taking three or four smooth, deep breaths and feeling the relaxation flow through your body from your arms to your shoulders... up through your neck, your head... down your chest...through your midsection... your legs... each deep and complete inhale and exhale will increase the depth of relaxation... allow yourself to become aware of any slight tension that you might feel in any muscle of your body. Simply tense that muscle and release the tension as you've done before...[LONG PAUSE]... let yourself enjoy the warm heaviness of relaxation flowing through your body, becoming more relaxed, sinking into the chair, feeling peaceful and calm, contented...enjoying the very pleasant feelings... You can use your breathing to enhance your relaxation even more... sinking more comfortably and deeply into relaxation... each time you exhale, you sense more

tension leaving and more calm, peaceful feelings flowing into your body [LONG PAUSE].

- And now, you will use your imagination, your mental imagery, to paint a pleasant picture in your mind that will make you feel even more calm, content, and relaxed... In your mind, place yourself in a springtime scene either on the beach, or in the mountains, or in the countryside, whichever you'd really like...this can be a pleasant place you have been before or a place that you can imagine... begin to paint your mental picture very vividly... experience your pleasant scene as if you are really there...it's very safe and peaceful... you hear the birds singing... you see the colors... you see nature around you... you feel the soothing warmth of the sun... on your skin, you feel a gentle, caressing breeze that envelops your body in a very calming and comfortable way... enjoy your pleasant scene... not a worry in the world... nothing to do... but simply relax... feeling so relaxed and pleasant... you're giving way totally to the experience...[VERY LONG PAUSE – 2 TO 3 MINUTES]
- Now, in your mind's eye, picture a small circle of your favorite color, located in the center of your body, filling this circle is your inner experience of a feeling of well-being, contentment, and satisfaction. Using your slow, soothing breathing, you can make your circle grow and fill you more and more with your very real feeling of contentment and satisfaction. As you exhale, let the circle expand... as the circle expands, the feelings of satisfaction and contentment spread and radiate throughout your body. Allow the feeling to grow, to spread, to fill your experience... more and more as you breathe in and out... very calm, and content...[VERY LONG PAUSE]
- Very gradually, as I count backwards from 10 to one, this exercise will come to a close. I want you to feel yourself feeling refreshed...10...9...8...feeling relaxed...7...6...5...feeling ready for the next part of your day...4...3....2...1... I hope you have deep, pleasant, feelings of well-being now.

[When finished:]

Great, now tell me again how tense you feel on the same 0–100 point scale.

[Make a note of response.]

How was that for you? Any difficulties?



Troubleshooting: Relaxation Practice

- **Practice.** Even if it's hard at first, it will get easier and more automatic over time.
- **Be patient.** Although relaxation sounds like it should be easy to do, these exercises take practice. It is important that you feel comfortable with this type of breathing before you move on to the guided breathing exercise.

TRACKING RELAXATION IN THE SLEEP DIARY AND NIGHTMARE LOG

Use the Sleep Diary and Nightmare Log to keep track of your relaxation practice and progress developing these skills. Practice once during the daytime and once as part of your bedtime routine, to help your mind and body relax for sleep. You can also use relaxation if you wake up

during the night. If you fall asleep while doing the relaxation at bedtime, that's great! There is no need to wake up to fill out the log right away.

When and where will you practice relaxation between now and the next session?

SESSION 2 HOME PRACTICE

- Follow your “New Sleep Plan.”
- Complete the Sleep Diary and Nightmare Log.
- Review session information in the patient packet and bring any questions to the next session.
- Practice the relaxation exercise at least two times per day, with one of these times near bedtime, and record your practice on the Sleep Diary and Nightmare Log.
 - These media files are available to share or download:
 - Progressive Muscle Relaxation Guided Imagery Script One: <https://vimeo.com/480387339>
 - Progressive Muscle Relaxation Guided Imagery Script Two: <https://vimeo.com/480399123>
 - Progressive Muscle Relaxation without Music: <https://vimeo.com/480401030>
 - Progressive Muscle Relaxation with Music: <https://vimeo.com/480402598>
 - Other relaxation resources that are preferred can be used as well. It is recommended that relaxation practice be at least 10-15 minutes and include some element of guided imagery.

REMINDER: Consider scheduling a 90-minute Session to complete Nightmare Exposure (Session 3) and Rescription (Session 4) in a single session, if possible.