



NORTHWEST COUNSELING CENTER, LLC

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Sleep Script

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Stress Reduction

1. Intrusive Thoughts
 - a. Interrupt automatic or intrusive thoughts with positive memories. This is a time-out technique and distraction tool to allow for trigger decompression.
 - i. Follow-up with the 4 Steps of Restoration Therapy (Feel-Cope, Truth-Action)
2. Physical Relaxation Techniques
 - a. “Jello Muscles” – the progressive muscle relaxation technique, which begins at the top of the head and gradually moves down the body to the bottom of the feet. Relax every muscle at the point of the progressive movement, as though paralyzed, along with relaxed/slow breathing.
 - b. Hot tea – many teas are crafted to be calming and relaxing. There are particular types of tea that also carry sedative effects.

Sleep Routine

1. Digital Time
 - a. Discontinue use 1+ hours before going to bed.
2. Stretch
 - a. Based on a self-report study that I facilitated as a Psychology student, I had a group of students complete five minutes of full body stretches before going to bed and five minutes after they woke up. The participants described improved sleep quality, duration, and restfulness upon waking and a decrease in symptoms of Depression and Anxiety.
3. Bedroom
 - a. Keep activity in the bedroom limited to sleep or romantic behavior. NO TV! Also, professional or academic activity can disrupt our brain’s association with the bedroom as a place of rest.
4. Sleep/Dream Journal
 - a. As our brain recalibrates to a normal sleep routine, we might notice a change in waking times, quality/duration of sleep and recall of dreams. Keep a journal near your bed to make quick notes about wake times and/or a summary statement of a recalled dream. This can aid in identifying unprocessed pain or unresolved issues as well as any themes in life that could benefit from adjustment (drinking coffee too late, type of evening activities, etc)

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All Providers of Northwest Counseling Center are Independent Practitioners

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