

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.

1) **Identify strategies you currently practice:**

- _____
- _____
- _____

2) **Strategies you would like to practice:**

- _____
- _____
- _____



Sleep Diary – complete the sleep diary in the morning upon waking, and evening before going to bed

MORNING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I went to bed last night at <i>(_AM/_PM)</i>							
I got up this morning at <i>(_AM/_PM)</i>							
I slept for a total of <i>(_hours)</i>							
I woke up during the night <i>(# times)</i>							
I was disturbed by...							
I woke up feeling...							

EVENING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Number of caffeinated drinks & time of consumption							
I napped for a total of (minutes/hour)							
Exercise completed today (minutes)							
What I did in the hour before I fell asleep...							
Mood today? (0=low, 10=great) Today I'm feeling...							

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.

Santa Ana College Off-Campus Resources

Crisis Contacts/Hotlines

In the event of an emergency, contact **campus safety (714) 564-6330 or dial 911**

- **Suicide Prevention 24-Hour Lifeline**
(800) 273-8255
- **Orange County 24-Hour Crisis Hotline**
(877) 727-4747
- **Sexual Assault/Rape Crisis Hotline**
(800) 656-4673 or (714) 957-2737
- **National Alliance On Mental Illness (NAMI) Warmline for emotional support**
(714) 991-6412
*Live Chat available through www.namioc.org/oc-warmline
- **National Drug/Alcohol Abuse Hotline**
(800) 662-4357
- **National Domestic Violence Hotline**
(800) 799-7233
*Live chat available through www.thehotline.org
Orange County: (714) 992-1931
- **LGBT National Help Center**
(888) 843-4564 ; <http://www.glnh.org>
- **24-Hour Information and Helpline**
2-1-1 or (888) 600-4357
Free or low cost health and human service programs in OC
www.211oc.org
- **24/7, Free and Confidential Crisis Text Line:**
Text "COURAGE" to 741741
- **OC Links Information and Referral Line**
(855) 625-4657

Family/Child Based Services

- **Catholic Charities of Orange County Santa Ana**
(714) 347-9600
Social services to families, children, and seniors
- **Child Guidance Center – Santa Ana**
(714) 953-4455 – www.cgcoc.org
- **Families and Communities Together (FaCT) Orange** (714) 566-2878
www.factoc.org
Counseling, family advocacy/case, family health & wellness, adoption support
Santa Ana (714) 480-3737
- **Family Enrichment Center – Anaheim**
(714) 758-1884
- **Mariposa Counseling Center -Orange**
(714) 547-6494 www.mariposacenter.org
Low cost mental health/substance abuse services, life skills, and support services
- **Orangewood Children's Home – Orange**
(714) 935-7584 www.orangewoodfoundation.org
Foster & Youth community services

Housing/Food/Community

- **Abrazar, Inc. - Westminster**
(714) 893-3581 www.abrazarinc.com
Computer classes, food, transportation, English literacy
- **Access California Services – Anaheim**
(714) 917-0440 www.accesscal.org
- **Community Action Partnership of Orange County – Garden Grove**
(714) 897-6670
- **Homeless Shelters:**
www.homelessshelterdirectory.org
Santa Ana Hospitality House – Salvation Army
(714) 542-9576
Thomas House Temporary Shelter – Santa Ana
(714) 554-0357
Mercy House – Santa Ana
(714) 836-7188
Orange County Rescue Mission – Tustin
(714) 247-4300
WISEPlace for Women Shelter – Santa Ana
(714) 542-3577
Grandma's House of Hope – Women and Children
(714) 833-5333
- **Illumination Foundation – Stanton**
(714) 507-2459 - www.ifhomeless.org
Housing, case management, workforce development, medical & tutoring programs
- **Second Harvest Food Bank of Orange County**
(949) 653-2900 - Irvine

Psychotherapy/Counseling

- **Argosy University Therapeutic Assessment & Psychological Services - Orange**
(714) 620-3810
- **CARE Counseling Center – Santa Ana/Anaheim**
(714) 836-9900
- **Chapman University Community Clinic – Orange**
(714) 997-6746
- **Community Counseling & Supportive Services**
(714) 645-8000
- **Community Counseling St. Joseph Hospital**
(714) 771-8243
- **FACES (Medi-Cal)**
(714) 447-9024
- **Mental Health Association of Orange County**
(714) 547-7559
- **Vista Community Clinic (Medi-Cal)**
(844) 308-5003
- **Medi-Cal Phone Support: (800) 541-5555**
OC: (800) 281-9799
LA: (626) 569-1399
- **CalOptima Behavioral Health**
Line: (855) 877-3885

Santa Ana College Off-Campus Resources

Substance Use

- **Alta Institute Inc. – Fullerton**
(714) 680-0241
- **OC Healthcare Agency – Santa Ana**
(714) 480-6660
- **Directory of Sober Living Homes:**
www.soberhousing.net
- **Orange County AA directory:**
www.oc-aa.org
- **Phoenix House – Santa Ana**
(714) 953-9373

Career & Education

- **Orange County Conservation Corps – Anaheim**
(714) 956-6222 ; www.hireyouth.org
*Job training and education program for young adults
- **Orange County One-Stop**
(714) 565-2600 www.oconestop.com
*Job search assistance, employment workshops/resources
- **Santa Ana W/O/R/K Center (Work, Opportunity Resources, Knowledge)**
(714) 565-2668

Health-Based Resources

- **Hurttt Family Health Clinic – Tustin/Santa Ana**
(714) 247-0300
www.hurtttclinic.org
- **Orange County Dental & Health Care Agency Clinic**
(800) 564-8448
- **Obria Medical Clinics (Women Wellness) Orange**
(714) 516-9045
- **Planned Parenthood of Orange County Santa Ana** (714) 922-4100
Find a Center: (800) 230-7526
www.plannedparenthood.org
- **Share Ourselves (SOS) – El Sol Wellness Centers Santa Ana** (949) 270-2100
www.shareourselves.org
Low cost health care services, pharmacy services, behavioral health, and women's health.

Specific Populations

- **Caregiver Resource Center – Fullerton**
(714) 446-5030 – www.caregiveroc.org
- **Domestic Violence Shelters in O.C.**
Laura's House: (949) 498-1511
Interval House: (714) 891-8121
Women's Transitional Living (714) 992-1931
- **Human Options Counseling Center – Domestic Violence Survivor - Santa Ana**
(714) 480-3737
- **Orange County Asian and Pacific Islander Community Alliance (OCAPICA) – Garden Grove**
(714) 636-9095 www.ocapica.org
- **Domestic Violence Assistance Program**
(714) 935-7956
- **Southern California Indian Center – Fountain Valley – (714) 962-6673**
Assistance to American Indians, native Alaskans, and Native Hawaiians
- **The Center Orange County (LGBTQ) – Santa Ana**
(714) 953-5428
- **OC ACCEPT (LGBTQ)**
(714) 645-8000
- **OC4Vets**
(714) 480-6476
www.ochealthinfo.com/oc4vets
- **VA Clinic – Santa Ana**
(714) 434-4600
- **Women, Infants, & Children (WIC) Supplemental Nutrition Program – Santa Ana**
(888) 942-2229

Financial & Legal

- **Consumer Credit Counseling Service of Orange County**
(800) 550-1961
www.greenpath.com/cccsoc/
Financial education & counseling
- **Community Legal Aid SoCal**
(800) 834-5001
Legal needs for low-income
- **Orange County Legal Aid**
- **Public Law Center – Santa Ana**
(714) 541-1010
Low income legal services
- **WHW – employment support services**
(949) 631-2333 ; www.whw.org



BEHAVIORAL HEALTH FROM COMMUNITY CLINICS

Name	Address	City	Phone Numbers
VNCOC Southland Health Center	9863 Chapman, Suite B	Garden Grove	714-418-2040
VCC: The Gary Center Substance Abuse Counseling Center	1525 E. 17 th Street, Suite B	Santa Ana	714-542-0400
VCC: The Gary Center	201 S. Harbor Blvd.	La Habra	562-264-6000
UCI Family Health Center	300 W. Carl Karcher Way	Anaheim	714-491-9804
	800 N. Main Street	Santa Ana	714-480-2443
St Jude Neighborhood Health Center	731 S. Highland Ave	Fullerton	714-446-5100
SOS-El Sol Wellness Center	1014 N. Broadway	Santa Ana	949-270-2160
SOS Community Health Center	1550 Superior Ave	Costa Mesa	949-270-2100
Nhan Hoa Comprehensive Health Center	7761 Garden Grove Blvd.	Garden Grove	714-898-8888
KCS Health Center	7212 Orangethorpe Ave, Suite 9A	Buena Park	714-503-6550
Hurttt Family Health Center	One Hope Drive	Tustin	714-247-0300
	1100 N. Tustin Ave	Santa Ana	
Central City Community Health Center	2237 W. Ball Road	Anaheim	714-490-2750
	12511 Brookhurst St, 2 nd Floor	Garden Grove	714-643-7176