



BK tehnike za rad s nesanicom

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Što je nesanica?

- Nesanica nije samo problem sa zaspivanjem noću
- Posljedice nesanice prelijevaju se na cijeli dan
- Nemogućnost zaspivanja, iscjepkan san i nekvatlitetno spavanje
 - Iritabilnost tijekom dana
 - Osjećaji napetosti i anksioznosti



Poremećaji spavanja

1. **Nesanica**
 - Poteškoće usnivanja i održavanja sna tijekom noći
2. **Narkolepsija**
 - Napadaji spavanja tijekom dana
3. **Poremećaj disanja pri spavanju - apneja**
 - Prestanak disanja pri spavanju, buđenje „hvatajući” zrak
4. **Poremećaj motorike pri spavanju**
 - Sindrom nemirnih nogu
 - Periodični pokreti nogu
5. **Poremećaj cirkadijarnog ritma spavanja**
 - Poremećaj budnosti i spavanja zbog smjenskog rada
6. **Parasomnija**
 - Tijekom REM faze (noćne more)
 - Tijekom ne-REM faze (mjesečarenje)

Prevalencija nesanice

- 10% ljudi imaju poteškoće spavanja 3 ili više noći u tjednu
 - Kada traje 3 mjeseca uzrokuje umor i oscilacije u raspoloženju tijekom dana
- U dobi iznad 65 godina nesanicu ima 1 od 5 osoba (20%)

Uzrok nesanice

1. Predisponirajući faktori

- Obiteljska povijest
- Podložnost stresu
- Podložnost anksioznosti

2. Precipitirajući faktori

- Teška bolest
- Dugotrajna nezaposlenost
- Ostali stresni događaji u životu

3. Održavajući faktori

- Čimbenici koji održavaju nesanicu iako u životu nema okidača koji su uzrokovali probleme sa spavanjem

Tretmani za nesanicu

Lijekovi

- **benzodiazepini** - za kratkotrajnu uporabu
- **antidepresivi i antihistamini** - malo znanstvenih dokaza da liječe nesanicu
- **melatonin** - hormon koji se proizvodi kasno navečer i u noći - lijekovi koji pomažu osobi da brže zaspe - nije sigurno da ima efekt na duge staze

Psihoterapija

- **KB tehnike** djeluju kratkoročno i dugoročno
- često nas misli → emocije → ponašanja koče u spavanju

Ostale terapije

- čaj od kamilice
- toplo mlijeko
- neurolingvističko programiranje

BK tehnike

✓ Postaviti jasne ciljeve

- **Osobni ciljevi**

- Suprotno od problema - npr. *održavanje spavanja kroz noć u kojoj spavam 7 sati*

- **Dnevnik spavanja**

- Prikazuje trenutno stanje i pomaže pratiti napredak

MEASURING THE PATTERN OF YOUR SLEEP	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1. Did you nap at any point yesterday? If yes, for how long (minutes)?							
2. At what time did you rise from bed this morning?							
3. What time did you finally wake up this morning?							
4. At what time did you go to bed last night?							
5. At what time did you switch off the light intending to go to sleep?							
6. How long did it take you to fall asleep (minutes)?							
7. How long were you awake during the night because of these awakenings (total minutes)?							
8. About how long did you sleep altogether (hours / minutes)?							
9. How much alcohol did you have last night?							
10. Did you take sleeping pills to help you sleep last night? If so, how many?							

BK tehnike

- **Efikasnost spavanja**

- Sara ide spavati u 23 sata, diže se u 7 sati → spava 8 sati u komadu

- **100% efikasnost spavanja** jer spava kroz cijelu noć

- Ivan ide spavati u 23 sata, diže se u 7 sati → 45 minuta zaspiva, po noći bude 90 minuta budan

- Budan je 2 sata i 15 minuta

- Spava 5 sati i 45 minuta od 8 sati koje provede u krevetu

- **Efikasnost spavanja** mu je **70 %**

Total time you think you sleep ÷ Total time you usually spend in bed × 100

÷

× 100 =

%

BK tehnike

- ✓ **Povećanje higijene spavanja**
 - **Čimbenici stila života**
 - Smanjiti kofein
 - Smanjiti nikotin
 - Smanjiti alkohol
 - Paziti na prehranu (mali obrok za večeru)
 - Paziti na vrijeme tjelovježbe (2 sata prije spavanja ne vježbati)
 - **Čimbenici spavaće sobe**
 - Smanjiti buku
 - Paziti na temperaturu sobe (oko 18 °C)
 - Paziti na temperaturu tijela (ne se tuširati neposredno prije spavanja)
 - Poboľšati zrak u spavaćoj sobi
 - Smanjiti svjetlo u sobi
 - Poboľšati udobnost kreveta

BK tehnike

✓ Poboľšati pripremu za spavanje

- Planiranje 60-90 minuta prije spavanja
- Početak opuštanja i pripreme za spavanje
 1. čitanje, gledanje televizije, tehnike relaksacije
 2. tuširanje
 3. odlazak u krevet i nastavljjanje s tehnikama relaksacije
- Naći aktivnosti koje opuštaju
 - aktivna/pasivna
 - fizička/mentalna
 - rješavanje križaljke (aktivna/mentalna)
 - slušanje muzike (pasivna/mentalna)

BK tehnike

✓ Poboljšanje asocijacije kreveta i spavanja

- Osoba koja pati od nesanice ima negativnu asocijaciju kreveta i spavanja
- 4 pravila:
 1. Krevet je za spavanje (čitanje i gledanje televizije izvan kreveta)
 2. Pravilo 15 minuta (nakon 15 minuta budnosti otići u drugu sobu)
 3. Pravilo pospanosti (razlikovati simptome umora i pospanosti)
 4. Pravilo čuvanja pospanosti (spavati samo po noći, ne po danu)

BK tehnike

✓ Poboľšati obrazac spavanja

- Težiti da vrijeme provedeno u krevetu i duljina spavanja bude jednaka u svakoj noći
- Svaku večer isto vrijeme odlaska u krevet
- Svako jutro isto vrijeme dizanja
- Vrijeme između odlaska u krevet i dizanja treba biti minimalno 5 sati
- Nakon uspješnog tjedna dodati 15 minuta dulje u krevetu
 - 1. tjedan - 5 sati
 - 2. tjedan - 5 sati i 15 minuta
 - 3. tjedan - 5 sati i 30 minuta

BK tehnike

✓ Suočavanje s glavom prepunom misli

- Ostaviti stvari koje su se dogodile u danu iz sebe
 - Izdvojiti 20 minuta navečer za nositi se s mislima koje nas opterećuju zbog situacija koje su se dogodile tijekom dana

1. Set aside 20 minutes in the early evening, the same time every night if possible (say around 7 p.m.).
2. Sit down somewhere you are not going to be disturbed.
3. All you need is a notebook, your diary, and a pen.
4. Think of what has happened during the day, how events have gone, and how you feel about the kind of day it has been.
5. Write down some of the main points. Put them to rest by committing them to paper. Write down what you feel good about and also what has troubled you.
6. Write down anything you feel you need to do on a 'to do' list, with steps that you can take to tie up any 'loose ends' or 'unfinished business'.
7. Now think about tomorrow and what's coming up. Consider things you are looking forward to as well as things that may cause you worry.
8. Write down your schedule in your diary, or check it if it's already there.
9. Write down anything you are unsure about and make a note in your diary of a time in the morning when you are going to find out about it.
10. Try to use your 20 minutes to leave you feeling more in control. Close the book on the day.
11. When it comes to bedtime, if these things come into your mind, remind yourself that you have already dealt with all of them.
12. If new thoughts come up in bed, note them down on a piece of paper at your bedside to be dealt with the following morning.

BK tehnike

- Točnost misli vezane uz probleme sa spavanjem
 - Evaluirati misli o (ne)spavanju

My thoughts about sleep and sleeplessness	How this makes me feel	A more accurate version of my thoughts would be . . .	How this version makes me feel
<i>'It seems as if I am awake half the night and everyone else is sleeping.'</i>	Anxious, annoyed, lonely, jealous	<i>'I probably sleep around 6 hours and have 2 hours awake in bed; that's 75% (three-quarters) not 50%. Also if there are 1 million people living in this city and half of them are adults, maybe 50,000 are having serious problems. Everyone else is not sleeping!'</i>	Reassured, more optimistic, less angry
<i>'I'm never going to get to sleep tonight.'</i>	Demoralized, out of control	<i>'Almost certainly I will fall asleep. I always get some sleep. The average in my diary was 6 hours and I never got less than 3-4 hours.'</i>	More accepting, relieved, more relaxed
<i>'I'm so tired I just can't concentrate. It's because I slept so badly last night.'</i>	Hopeless, preoccupied with sleep, irritable	<i>'My concentration is not just down to my sleep. I've slept worse than I did last night and felt better during the day. Maybe I'm bored, or doing too much at once, or . . .'</i>	More in control, able to focus

BK tehnike

- Prestati pokušavati zaspati
 - Truditi se prihvatiti nesanicu
 - Problem je emocionalni odgovor na budnost
 - Normalizirati misli kroz korištenje humora

The Use of Humour in Paradoxical Intention Therapy

Patient: It is pretty awful really when I think about it. I can't sleep at night, and then, to make matters worse, insomnia just ruins my day.

Therapist: What do you mean?

Patient : Well, I can't think straight, and I get irritable, and I don't get through as much work as I should.

Therapist: That's shocking.

Patient: What's shocking?

Therapist: Well, that you don't get through your work. I mean, that's pretty bad.

Patient: Well, it's not that I don't get my work done, it's more that . . .

Therapist: Sorry, you are the one that said you didn't get through your work. So what effect does that have?

Patient: Well, it might get noticed. I mean my boss might notice it.

Therapist: Really! . . . I guess he wouldn't like that?

Patient: I'm, no, he'd probably have something to say about it. It could affect my job.

Therapist: Wow, that's worrying. You're not getting through your work, your boss is maybe going to notice, and you might lose your job.

Patient: Yeah. It's possible.

Therapist: Have you thought about reducing your financial commitments?

Patient: What?

Therapist: . . . like maybe giving up your golf club membership, or taking the kids out of private school?

Patient: No, no, I haven't, but why . . . ?

Therapist: I mean, if these things are likely to happen then it would be best to take responsible action.

Patient: I think this is maybe getting a bit exaggerated, I mean, it's not that bad . . . it's not even likely, I don't think.

Therapist: Thank goodness for that! (Takes out handkerchief and mops brow).

Patient: (Smiles)

Therapist: (Smiles, laughs) I thought I was going to have an anxiety attack there!

Patient: (Laughs) Yeah, I'm like a dog with a bone about this sleep problem!

Therapist: I was just about to check if I had some loose change to give you!!

Patient: (Laughs) . . . very thoughtful of you.

Therapist: You know, I think you're just worrying too hard in every department . . . to sleep . . . and also during the day. Why don't you give yourself a break?

Patient: (Laughs) You're not the first person to have suggested that!

BK tehnike

- ✓ **Evaluirati misli tijekom dana**
- ✓ **Biti ustrajan u suočavanju s nesanicom**
 - Koristiti sve KB tehnike zajedno
 - Nije lako stvoriti potpuno novu naviku spavanja
 - Ustrajati na duge staze

Literatura

Espie, C.A. (2011). *An introduction to coping with insomnia and sleep problems*. London: Robinson.



Hvala na pažnji
