

# WEBINAR & TELELEARNING SERIES



## Sleep and MS: Strategies for Improving Your Zzz's



**December 13, 2016**

*Presented by:*



**Teva Pharmaceuticals | Acorda Therapeutics**

**Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases | US Bank**

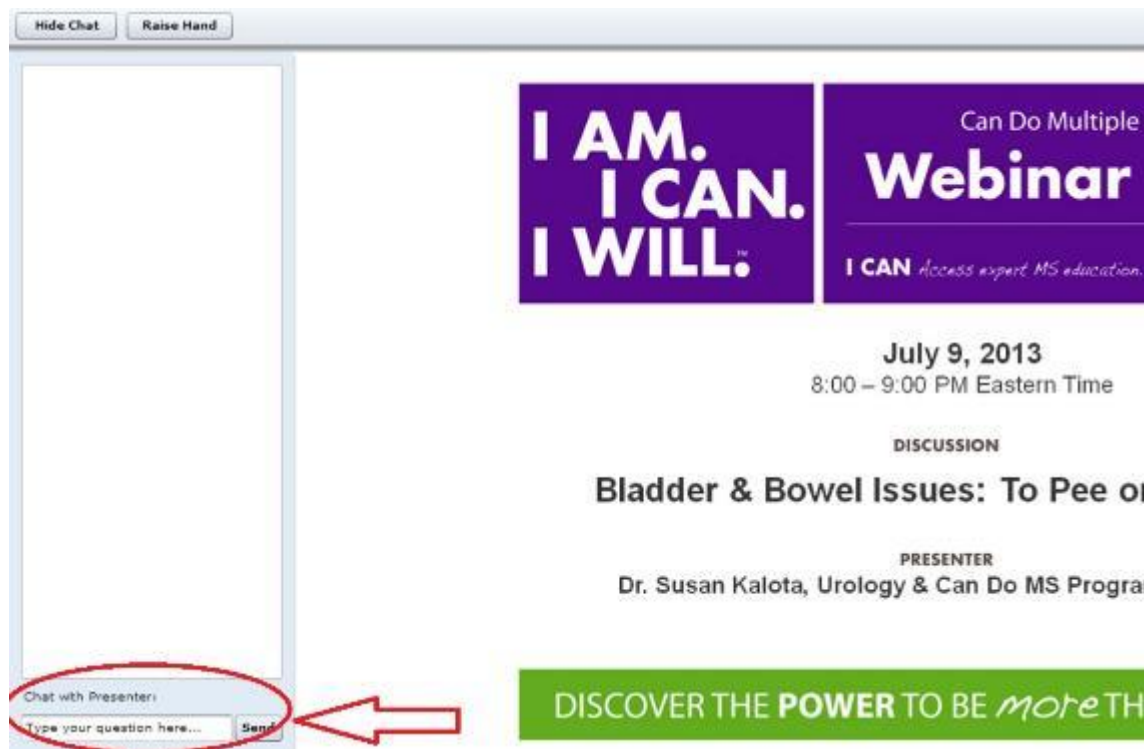
**United Way of Eagle River Valley**



**National  
Multiple Sclerosis  
Society**

# How to Ask Questions During the Webinar:

- **Chat Feature** – Type in your questions using the chat box on the lower left hand side of your screen.



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# Types of Sleep Dysfunction

- Primary

- Alterations in normal sleep patterns that cannot be attributed to other causes

- Secondary

- Sleep disturbance that is caused by medical, behavioral, or environmental factors
  - More common in people with MS



# MS Symptoms that Can Interfere with Sleep

- Pain
- Muscle Spasticity
- Depression and Anxiety
- Bowel and Bladder Dysfunction
- Temperature Sensitivity



# Many Different Sleep Disorders

- Insomnia
- Hypersomnia
- Breathing-related sleep disorders
- Sleep-wake disorders
- Restless legs/body syndrome
- Narcolepsy
- Sleep behavior disorders



# Consequences of Poor Sleep

- Depression, irritability, anxiety
- Pain
- Fatigue
- Problems with physical coordination, falls
- Problems with attention/thinking/concentration
- Poor work/driving
- Cardiovascular health problems
- Long-term poorer health outcomes



# What you CAN DO to help your sleep!

- **Physical activity**

- No current exercise routine?
- Start low intensity, high frequency (e.g., walk, bike, swim few minutes/day)
- ChairFit with Nancy  
<https://www.youtube.com/channel/UCCAFFLNiOjqR5FXtuH8ySxA>
- National Center on Health, Physical Activity, and Disability  
<http://www.nchpad.org/14weeks/index.php>



# What you CAN DO to help your sleep!

- **Physical activity**

- Try to complete physical activity early in the day
  - Exercise can be energizing/stimulating, which is great for managing daytime fatigue

- **PACING** is key

- Doing too much too fast leads to burn out and injury



# What you CAN DO to help your sleep!

- **Relaxation**
- **Meditation**
- A word about “mindfulness” – not the same as relaxation, but can still be helpful



# What you CAN DO to help your sleep!



- **Behavioral Sleep Medicine**

- Our thoughts and actions have direct consequence on our sleep
- Think about a time when you couldn't sleep. While lying in bed, what were you thinking about? What did you do?



# What you CAN DO to help your sleep!

- **Cognitive Behavioral Therapy for Insomnia (CBT-I)**

- Sleep Efficiency Training
- Stimulus Control
- Sleep Hygiene
- Relaxation
- Cognitive Therapy

- CBT-I is usually completed in 6-8 weeks with a psychologist or appropriately trained health care professional



# What you **CAN DO** to help your sleep!

- **Cognitive Behavioral Therapy for Insomnia (CBT-I)**
- CBT-I is usually completed in 6-8 weeks with a psychologist or appropriately trained health care professional
- Starts with a **SLEEP DIARY**

## Complete in Morning

Start date: __/__/__	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
Day of week:	_____	_____	_____	_____	_____	_____	_____
I went to bed last night at:	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM
I got out of bed this morning at:	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
<b>Last night I fell asleep:</b>							
Easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After some time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
With difficulty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>I woke up during the night:</b>							
# of times							
# of minutes							
<b>Last night I slept a total of:</b>	Hours	Hours	Hours	Hours	Hours	Hours	Hours

# What you CAN DO to help your sleep!

- **Cognitive Behavioral Therapy for Insomnia (CBT-I)**
  - Sleep Efficiency Training
    - Maximizing the ratio of time asleep/time in bed
    - Think about how many hours you spend in bed. How many of those hours are you asleep?
    - >85% is recommended

# What you CAN DO to help your sleep!

- **Cognitive Behavioral Therapy for Insomnia (CBT-I)**
  - Stimulus Control



# What you CAN DO to help your sleep!

- **Cognitive Behavioral Therapy for Insomnia (CBT-I)**
  - Stimulus Control





# What you CAN DO to help your sleep!

- **Cognitive Behavioral Therapy for Insomnia (CBT-I)**
  - Stimulus Control
  - Using bed only for sleep and intimacy

# What you CAN DO to help your sleep!

- **Cognitive Behavioral Therapy for Insomnia (CBT-I)**
  - Sleep Hygiene
    - Avoid/minimize naps
    - Avoid stimulants too close to bedtime
    - Avoid large high-carbohydrate foods before bedtime
    - Promote natural light
    - Create a bedtime routine

# What you CAN DO to help your sleep!

- **Cognitive Behavioral Therapy for Insomnia (CBT-I)**
  - Relaxation (will practice later)
  - Cognitive therapy
    - A referral to a psychologist may be helpful

# What you CAN DO to help your sleep!

- **Relaxation Exercise**

# Medications & Substances that Can Impact Sleep

- Anticholinergics
- Stimulants
- Steroids
- Pain and Spasticity Medication
- Blood Pressure Medication
- Migraine Medication
- Depression and Anxiety Medication
- Alcohol
- Tobacco
- Caffeine



# Environmental and Lifestyle Factors

- Room Temperature
- Sleeping Partners
- Screens
- Noise and Light
- Exercise
- Comfort
- Daytime Naps





# Treating Sleep Dysfunction

- **Address the Underlying Cause**
- Adjust Medication Regimen
- Screen for Sleep Disorders
- Over-the-Counter Medication
- Prescription Sleep-Aids and Sedatives

# “Red Flags”



Talk to your doctor if you experience any of the following:

- Excessive daytime drowsiness
- Loud Snoring
- Headaches or hoarseness in the morning
- Not feeling rested or refreshed after sleeping
- Trouble falling or staying asleep

# Thank You!



**Stephanie Buxhoeveden, MSCN, MSN, FNP-BC**



**Abbey J. Hughes, PhD**

## Questions/Comments

# Can Do MS Resources

**e|NEWS**  
your best life update

**Q&A**

*Can Do Library*

Find these resources at [www.MSCanDo.org](http://www.MSCanDo.org).

# National MS Society Resources



## Vision

Our vision is bold: A world free of MS.



National  
Multiple Sclerosis  
Society

## SLEEP DISTURBANCE AND MULTIPLE SCLEROSIS

Abbey J. Hughes, PhD

Department of Rehabilitation Medicine

## Sleep Disorders & MS

THE BASIC FACTS

MULTIPLE SCLEROSIS



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## Our Mission:

People affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.

[nationalMSSociety.org](http://nationalMSSociety.org)

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**Thank you!**



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## GPS for Your MS



January 10, 2017

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