

Sleep Restriction

Sleep restriction is an effective technique for treating insomnia. The aim of sleep restriction is to ensure that the time you spend in bed is actually devoted to sleeping – rather than spending time in bed awake, thinking, or worrying about not sleeping. Sleep restriction works by initially creating a mild sleep deprivation. Sleep happens naturally when we are tired (as long as our conscious mind does not get in the way), and so mild sleep deprivation promotes the onset of sleep, and increases the quality of the sleep that we get, in time it allows us to increase the amount of sleep that we get.



Sleep restriction aims to increase your **sleep efficiency**.

- Time that you spend **asleep in bed** is considered **efficient**
- Time that you spend **awake in bed** is considered **inefficient**

$$\text{Sleep efficiency} = \frac{\text{Time asleep}}{\text{Time in bed}} \times 100$$

For example:
6 hours asleep / 8 hours in bed = 75% sleep efficiency
9 hours asleep / 10 hours in bed = 90% sleep efficiency

Sleep Restriction instructions

1. Keep a sleep diary for a normal week

This will give you a baseline measure of your sleep. You will need to record:

- Time you went to bed
- Time you got up
- Number of hours of sleep

2. Calculate your 'average total sleep time' (ATST)

This is the average number of hours you slept per night.

Add up the total hours of sleep you got in the past week, then divide the answer by 7.

3. Now restrict the time you spend in bed each night to your ATST

To do this you will need to:

- Decide what time you want to get up
- Go to bed ATST-hours before then
- Do not go to bed any earlier – even if you feel tired

Getting up time Going to bed time
e.g. 7.00am e.g. 7.00am – 6 hours = 1.00am

4. Monitor your sleep efficiency

Continue to keep a sleep diary so that you can keep track of your sleep efficiency

You should be aiming for 90% sleep efficiency

5. Follow the rules to increase your total amount of sleep

Once you consistently reach 90% sleep efficiency allow yourself 15 minutes extra in bed by going to bed 15 minutes earlier

General rules

- Stick to your new schedule 7 nights per week – do not make exceptions or you will reduce the effectiveness of the technique
- You must not allow any sleep outside your set hours – no napping!
- The minimum amount of sleep that you should be aiming for is 5 hours

Warning

- When you attempt sleep restriction **you should expect to be tired to begin with** – you should take this into account if you drive or operate machinery
- Some people find it easier to begin implementing sleep restriction while they are on holiday (rather than being tired for work)

Sleep Gb

Maria Mercati



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The Practice of Chinese Medicine E-Book Giovanni Maciocia, Sebastian Maciocia, 2021-04-21 Use Traditional Chinese Medicine in diagnosing and treating disease Maciocia's *The Practice of Chinese Medicine* 3rd Edition describes how to apply TCM theory to the diagnosis and treatment of disorders and conditions frequently encountered in practice Covering common chronic and acute conditions Maciocia's provides guidelines to treatment with both acupuncture and Chinese herbs Case studies offer real world insights into determining effective treatment care From an expert team of editors who were close to the late Giovanni Maciocia and who practice the Maciocia way this practical illustrated text makes it easier to apply TCM in Western medical practice Coverage of Traditional Chinese Medicine includes the diagnosis and treatment of 48 common diseases conditions and disorders Discussion of aetiology pathology and differential diagnoses according to TCM is provided for each disease condition and disorder UNIQUE Summaries of Western differential diagnoses provide alternative treatment options Coverage of treatments includes acupuncture and herbs with explanations of choices Reviews of clinical trials and modern Chinese literature report the experience of noted doctors of Chinese medicine Practical appendices include Identification of Patterns According to the Six Stages the Four Levels and the Three Burners Prescriptions and Suggested Substitutions of Chinese Herbs English Pinyin Glossary of Chinese Terms is included NEW and UNIQUE Clinical Tips provide practical guidelines to diagnosing and treating diseases NEW and UNIQUE Red Flags list symptoms that may necessitate a referral to a Western physician NEW Updated clinical trials and references are added NEW Updated Western differential diagnosis sections are added NEW discussion on sexuality in Chinese medicine is added NEW Additional tongue photos aid in diagnosing diseases based on Chinese medicine protocols NEW Updated full color photos are added NEW Four new appendices are added for a total of 10 appendices NEW Reorganization of material provides easier access to key topics

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place your hands as well as offering clear diagrams of the meridian energy channels and more than 100 powerful qi points where qi energy can be directly affected to restore balance and harmony She explains how to use the qi points to treat conditions in close proximity as well as enact healing in tender or injured regions through the use of distant yet connected qi points The author details how to use Tui Na treatments to relieve neck shoulder and back pain sciatica headache and many other common ailments treat sports injuries and improve athletic performance She also shows how it can release stress re energize the body and invigorate the mind as well as provide healing massage for adolescents the elderly and babies Offering a healing method that requires no special equipment and is simple enough to do at home or in a chair at work this fully illustrated guide provides a hands on program to help yourself and others find whole body health Sleep, Arousal, and Performance Robert T. Wilkinson,1992 **Hardware Dealers' Magazine** ,1909 **Annual Bulletin ...** ,1913 **The Mende Language** Frederick William Hugh Migeod,1908 **The Sleeping Car Conductor** ,1927 Holistic Dentistry John K. Char,1980 *New Trade Names* ,1982 **Introduction to Statistical Investigations** Nathan Tintle,Beth L. Chance,George W. Cobb,Allan J. Rossman,Soma Roy,Todd Swanson,Jill VanderStoep,2020-11-26 Introduction to Statistical Investigations Second Edition provides a unified framework for explaining variation across study designs and variable types helping students increase their statistical literacy and appreciate the indispensable role of statistics in scientific research Requiring only basic algebra as a prerequisite the program uses the immersive simulation based inference approach for which the author team is known Students engage with various aspects of data collection and analysis using real data and clear explanations designed to strengthen multivariable understanding and reinforce concepts Each chapter follows a coherent six step statistical exploration and investigation method ask a research question design a study explore the data draw inferences formulate conclusions and look back and ahead enabling students to assess a variety of concepts in a single assignment Challenging questions based on research articles strengthen critical reading skills fully worked examples demonstrate essential concepts and methods and engaging visualizations illustrate key themes of explained variation The end of chapter investigations expose students to various applications of statistics in the real world using real data from popular culture and published research studies in variety of disciplines Accompanying examples throughout the text user friendly applets enable students to conduct the simulations and analyses covered in the book *St. Louis Courier of Medicine and Collateral Sciences* ,1880 *Sleep and Its Disorders* J. David Parkes,1985 A definitive text reference on the physiological nature of sleep and its disorders including treatment Includes a complete section on the biology of normal sleep and concentrates on management and pharmacology Examines insomnia sleep apnea daytime drowsiness narcolepsy and hypersomnia **Dictionary of Anonymous and Pseudonymous English Literature: Q-S** Samuel Halkett,John Laing,James Kennedy,1929 **St. Nicholas Book of Plays & Operettas** ,1900 **Companies and Their Brands** ,1990 *The BFI Companion to Crime* Phil Hardy,1997 A complete and detailed guide to crime on film prison dramas film noir

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web below briefly describe on sample invitation letter to attend an exhibition program whenever you are holding an exhibition it is essential to let people know about it you should keep in mind that all the essential information regarding the exhibition should be provided including the date timings and venue of the event

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web invitation sample letter to a trade exhibition guidelines this letter commonly serves a personalized sales to payment to strengthen your relationship with your clients and workmates and to encourage new ones make the reader interested relay the invitation and at the same time provide the reader an incentive to attend

sample invitation to attend an exhibition letter - Apr 10 2023

web dec 10 2019 a sample exhibition letter is always written in order to invite a person for an event or exhibition organized by a company or organization this letter is majorly written to inform others about the function so that everyone attends it an exhibition becomes successful only when more and more people come to visit it

exhibition invitation letter to client for business purpose - May 31 2022

web we cordially invite yourself to our annual exhibition ceremony type of event of his company to the exhibition we will display all our company products it would be an trust to do your presence int the event

tips sample letter of invitation to attend an exhibition - Jan 07 2023

web jan 6 2020 the invitation to attend the exhibition letter is the best way to invite people relating to the same industry this letter acts as a personal request to others and is an affectionate way to enhance your contacts and business

exhibition invitation letter 4 templates writolay - Aug 14 2023

web sep 18 2023 letter template 1 exhibition invitation letter your name your address street city state zip code date to mention the name mention the address city state zip code subject letter of invitation to an exhibition dear sir madam this letter is an invitation to an exhibition hosted by our esteemed company name of the

exhibition invitation letter sample semioffice com - Jul 13 2023

web exhibition invitation letter to client to the client dear sir we cordially invite you to our annual exhibition ceremony of our company in the exhibition we will display all our company products it would be an honor to have your presence in the event a detailed introduction to all of products will be provided

6 trade show invitation templates you need proexhibits - Feb 08 2023

web aug 13 2021 1 general trade show invitation this sample invitation is aimed at people with whom you already have a working relationship such as current customers clients and vendors they re not necessarily potential leads but it doesn t hurt to let people know you re attending an industry event

letter of invitation to an exhibition 10 samples captions boy - Sep 03 2022

web sample 3 dear name we are pleased to invite you to our upcoming exhibition exhibition name which will be held on date at venue the exhibition will showcase the latest in industry field and feature works from some of the most talented artists and creators in the industry

exhibition invitation email templates examples best practices - Sep 15 2023

web nov 18 2021 invitation email template for your contacts from last year it is important not to forget to invite your former customers to the trade fair you are attending as this can help you to reconnect with them here is a template for getting back in touch with one of your customers from last year

letter of invitation exhibition invitation letter rika sensors - Nov 05 2022

web 2022 07 08 letter of invitation exhibition invitation letter dear sir or madam rika sensor hereby sincerely invite you to visit our booth at the shenzhen exhibition convention center in guangdong from august 18 to 20 2022

how to write an invitation to exhibit idoinspire - Aug 02 2022

web increase your visibility among insert audience leaders by becoming an exhibitor today insert exhibits schedule at a glance including exhibit set up and break down sincerely your insert conference committee this letter invitation to exhibit will help you get more sponsorship for a meeting

235 best exhibition invitation messages to share thewordyboy - Dec 06 2022

web here is a list of some examples to help you let s make this day worth something nice as we invite you to see the work of art in the exhibition on behalf of name on date time and place we cordially invite you to visit this exhibition of art and witness the work of name on date time and place