



## Sleep-Wake Disturbances

### Definition List

Term	Definition
<b>Aromatherapy</b>	The use of essential oils from flowers, herbs, and trees to promote health and well-being (National Center for complementary and Alternative Medicine [NCAM], 2006)
<b>Cognitive-behavioral therapy</b>	This variety of psychological and behavioral treatments can be used alone or in combination; more than 20 treatments have been developed. The most frequently used treatments are stimulus control therapy, sleep restriction therapy, relaxation therapies, paradoxical intention, and sleep hygiene education. (Morin, Culbert, & Schwartz, 1994)
<b>Cognitive restructuring</b>	Cognitive restructuring is a process in which maladaptive or false cognitions are identified, reevaluated, or reinterpreted into a more adaptive and presumably functional belief, attitude, or expectation. (Williams & Schreier, 2005)
<b>Complementary and alternative medicine</b>	Complementary and alternative medicine is a group of diverse medical and healthcare systems, practices, and products that are not presently considered to be part of conventional medicine and is used to complement or as an alternative to traditional medicine. (Medicine, 2007c)
<b>Exercise</b>	Any planned, structured, and repetitive bodily movement performed during leisure time that incorporates cardiovascular, strength, and/or flexibility conditioning of any intensity with the intent of improving or maintaining one or more components of physical fitness, performance, or health. (Brooks, 2000; Courneya, 2004)
<b>Expressive therapy</b>	This therapy is conducted in a group or individual setting that is existentially oriented; the focus is on meaning, freedom, and isolation as a result of illness. The therapy facilitates patients' ability to discuss concerns and issues that are foremost in their minds as opposed to what a leader or outsider thinks is important. (Classen, 2001)



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<b>Expressive writing</b>	This is the art of putting thoughts and feelings on paper.(de Moor et al., 2002)
<b>Guided imagery</b>	Any of various techniques (such as a series of verbal suggestions) used to guide another person or oneself in imaging sensations, especially in visualizing an image in the mind to bring about a desired physical response, such as stress reduction (NCAM,2006).
<b>Healing</b>	A technique in which a “healer” attends to the person with illness in an attempt to catalyze the healing process without using any known physical means of intervention. Forms of healing include prayer, concentration, or touch. (Dixon, 1998; Weze, Leathard, Grange, Tiplady, & Stevens, 2004)
<b>Herbal supplements</b>	These dietary supplements contain herbs, either singly or in mixtures. An herb (also called a botanical) is a plant or plant part used for its scent, flavor, and/or therapeutic properties.(Medicine, 2007c)
<b>Haptotherapy</b>	Using means of touch, patients are taught to connect with their feelings and, in doing so, they learn how to deal with their illness, with themselves, and with the world around them in a better way (van den Berg et al., 2006).
<b>Massage therapy</b>	This ancient form of healing involves the therapeutic manipulation of soft tissues of the body by various hand movements (e.g., rubbing, kneading, pressing, rolling, slapping, tapping). Massage therapy can elicit the relaxation response as measured by decreases in heart rate, blood pressure, and respiratory rate. Often, massage is complemented by the use of aromatherapy (i.e., essential oils that are combined with a carrier cream or oil to manipulate the soft tissues).(Fellowes, 2005)
<b>Meditation</b>	Mental exercises are used to purposefully self-regulate attention and attain physical calm. The intent is to quiet the mind and focus on the present. This can bring about a deep state of relaxation.(Astin, Shapiro, Eisenberg, & Fors, 2003)
<b>Mindfulness-based stress reduction</b>	This can be thought of as a consciousness discipline that is aimed at deep self-reflection, self-knowledge, and liberation from confining views of self, others, and the world. The main components include the body scan, simple yoga postures, and mindful meditation.(Kabat-Zin, 1990; Shapiro, Bootzin, Figueredo, Lopez, & Schwartz, 2003)
<b>Music Therapy</b>	The application of music to influence physiologic, psychologic, and emotional functioning during chemotherapy (King, 1997).
<b>Paradoxical intention</b>	This method consists of persuading patients to engage in their most feared behavior such as staying



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	awake. It focuses not on trying to sleep but instead attempting to stay awake to reduce performance anxiety (Morin et al., 1994).
<b>Progressive muscle relaxation</b>	This relaxation focuses on isolating various muscle groups while moving progressively up or down the body to establish a state of deep relaxation. Focused breathing, with all attention centered on the sensations of breathing, including the rhythm and rise and fall of the chest, often is used with this technique.(Molassiotis, Yung, Yam, Chan, & Mok, 2002)
<b>Psychoeducational interventions</b>	These include cognitive behavioral techniques; informational, instructional, and teaching approaches; and related supportive strategies designed to elicit behaviors that promote effective self-management and strengthen coping. Examples of psychoeducational interventions include techniques that promote adherence to healthcare professionals' recommendations, enhance self-management, optimize attributions and illness representations, and strengthen coping.(Kim, Roscoe, & Morrow, 2002)
<b>Relaxation therapies or techniques</b>	The therapies or techniques, such as autogenic training, progressive muscle relaxation, and massage therapies, reduce somatic and/or cognitive arousal.(Morin et al., 1994)
<b>Sleep hygiene</b>	Health practices (e.g., diet, exercise, substance use) and environmental factors (e.g., light, noise, temperature) may be detrimental or beneficial to sleep. It also may involve basic information about sleep and changes in sleep over the lifespan. (Morin et al., 1994)
<b>Sleep restriction therapy</b>	This therapy consists of curtailing the amount of time spent in bed to the actual amount of sleep.(Morin et al., 1994)
<b>Sleep-wake disturbance</b>	<ul style="list-style-type: none"><li>• These are perceived or actual alterations in night sleep with resultant daytime impairment. Among the most common sleep disturbances are insomnia, sleep-related breathing disorders, and sleep-related movement disorders (e.g., restless leg syndrome, periodic limb movement disorder). General criteria for insomnia include difficulty initiating sleep, difficulty maintaining sleep, waking too early, or sleep that is chronically unrestorative or poor in quality that occurs despite adequate opportunity and circumstances for sleep. falling asleep (Berger et al., 2005)</li></ul>
<b>Yoga</b>	This ancient Eastern science incorporates stress-reduction techniques such as regulated breathing, visual imagery, and meditation as well as various postures. Hatha yoga is one type of yoga.(Cohen, Warneke,



**ONS PUTTING EVIDENCE INTO PRACTICE**



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	Fouladi, Rodriguez, & Chaoul-Reich, 2004; Shapiro et al., 2003)