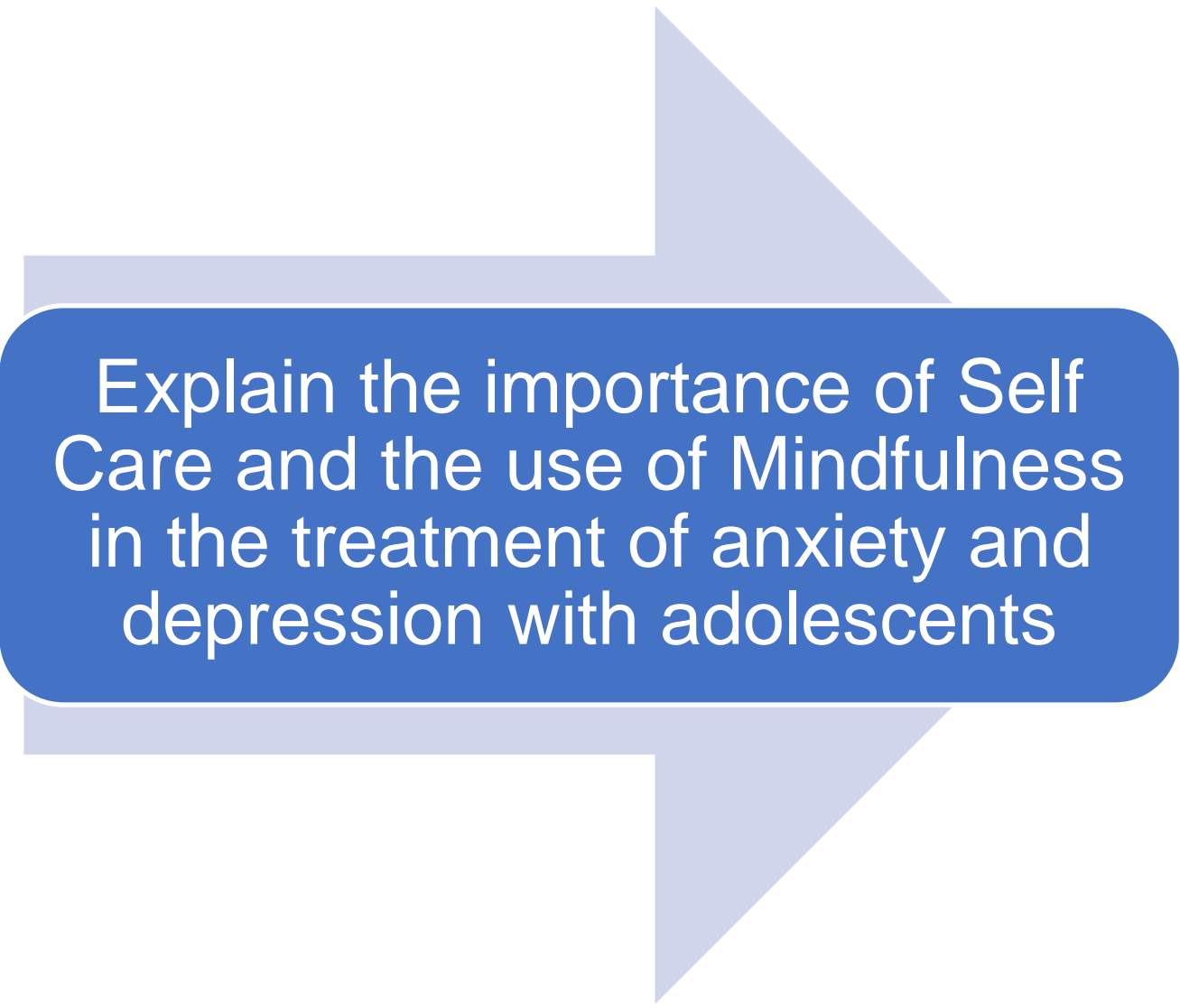


# Patient Self-Care

**A Critical Component of Depression and Anxiety Management**

# Objective



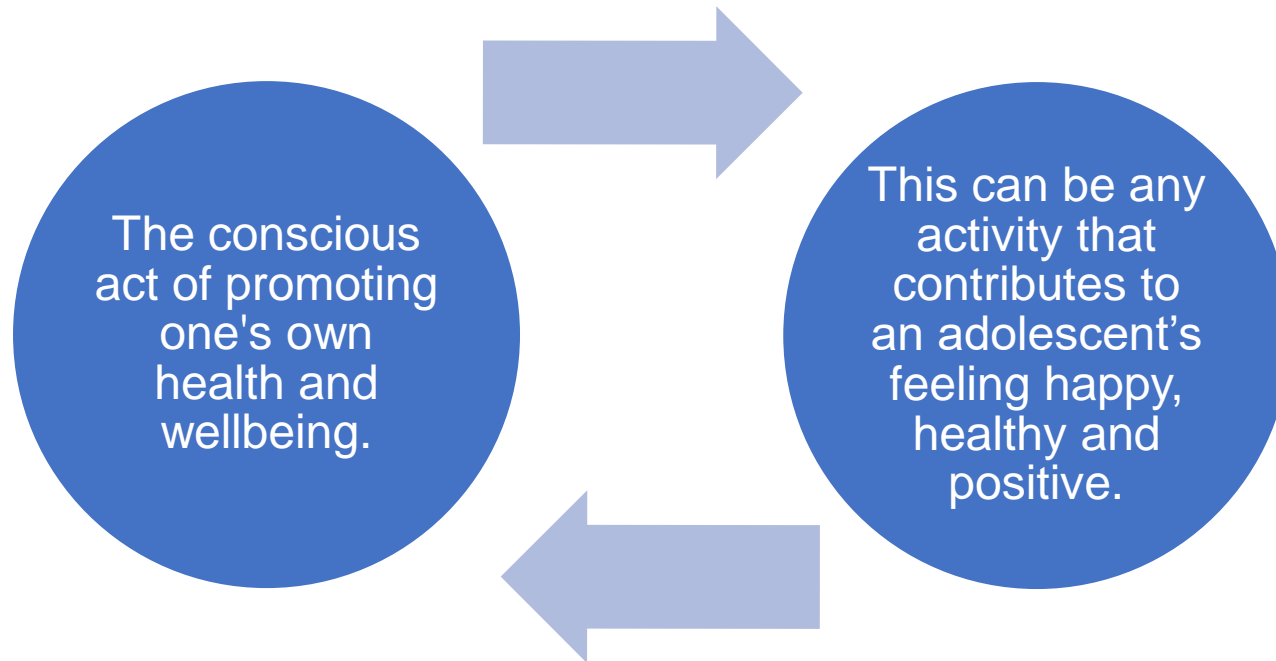
Explain the importance of Self Care and the use of Mindfulness in the treatment of anxiety and depression with adolescents

# Participant poll

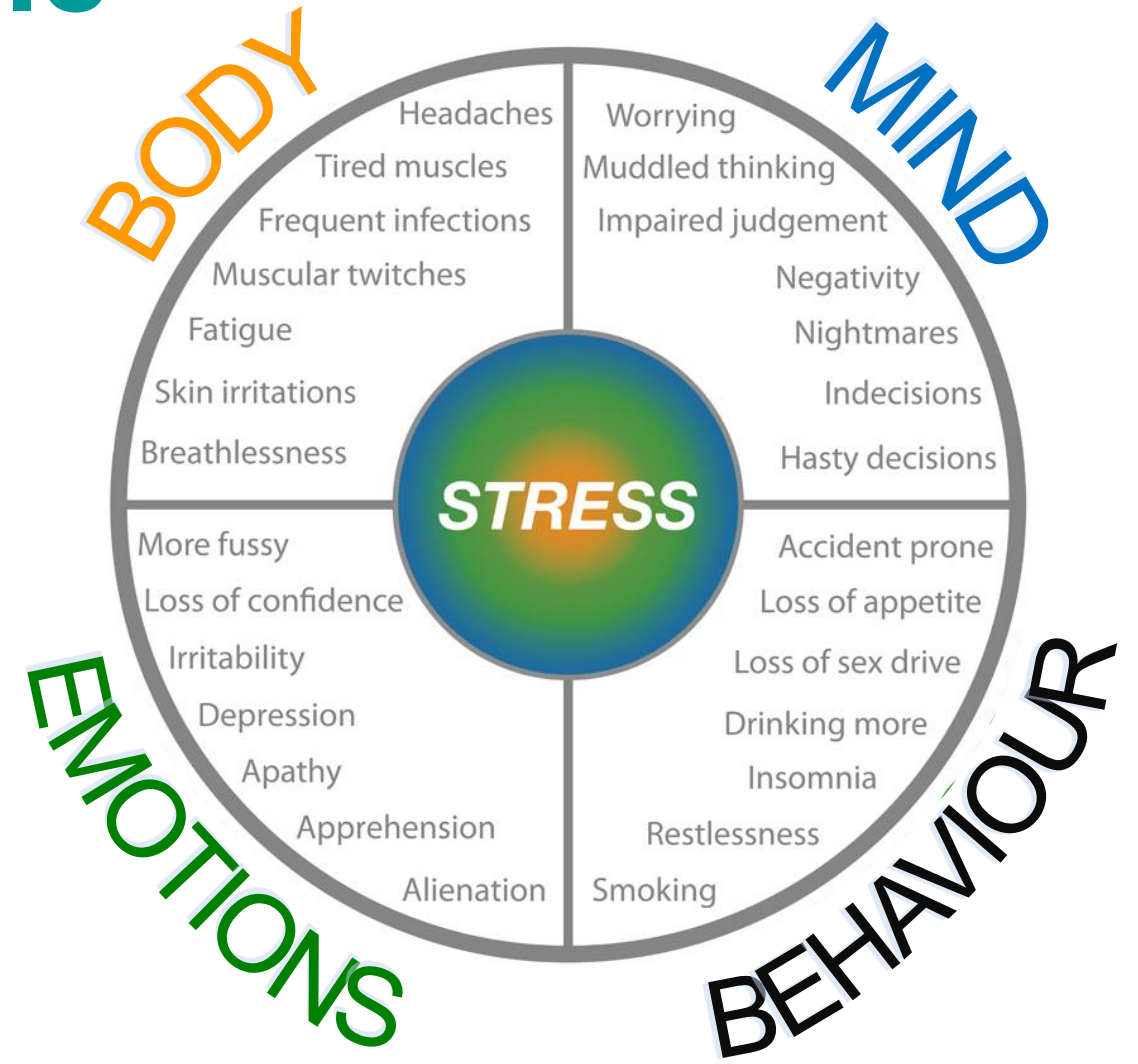


When do you begin to pay  
attention to your own  
self-care?







# What is Self Care?



# Self-Care...A Lifestyle



Self Care  
Choices  
Mood  
Monitor

Mood & Lifestyle Monitor				For week: _____			
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Mood (1-5)	rating (1-5): time: comment:						
Mood (1-5)							
Mood (1-5)							
Mood (1-5)							
 Sleep (# hours)							
 Exercise (quality 1-5)							
 Diet (quality 1-5)							
 Caffeine (# of drinks)							
 Alcohol (# of units)							
 Medication (amount 1-5)							

# The 4 Dimensions of Self-Care

## Physical:

Exercise (such as walking, jogging, playing sports)  
Eating well and healthily  
Getting good rest and relaxation

## Mental:

Keeping your mind stimulated with other interests (such as reading, movies, theatre, etc.)  
Learning new things  
Attending a class

## Emotional:

Keeping in contact with friends  
Connecting with intimate family  
Doing self-nurturing things

## Spiritual:

Time alone / time in nature  
Time for personal reflection  
Meditating, prayer  
Goal setting, reconnecting to your values



# Types of Self Care

POLL:

What areas do  
adolescents  
identify as most  
challenging?



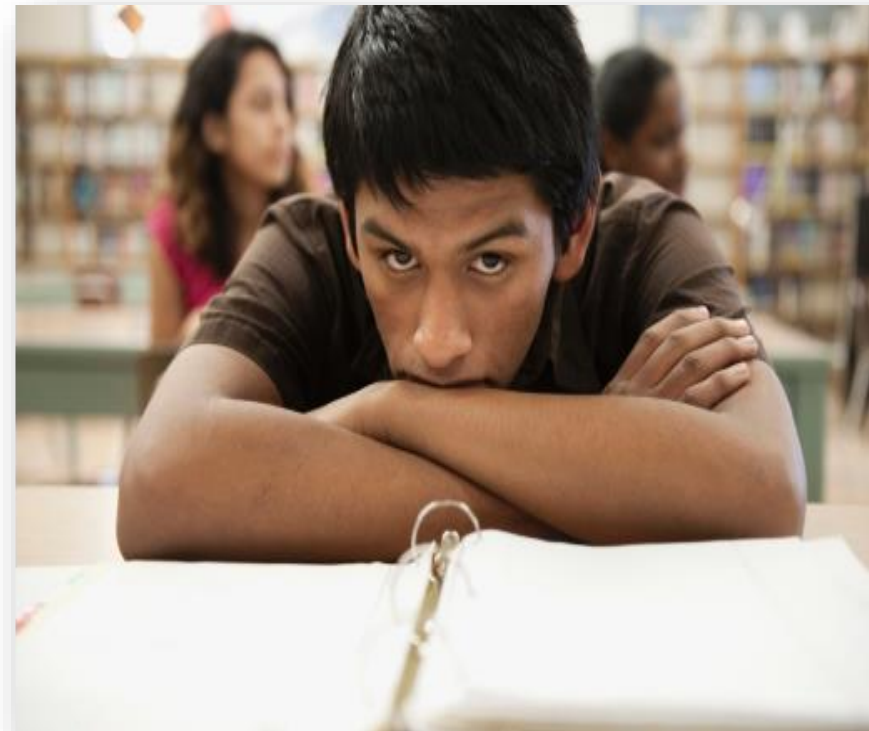


# Case Example

Ben is a 15-year-old male who presented to his PCP. His parents reported concerns about Ben struggling in school with trouble concentrating, not getting school-work completed, and grades dropping. He reportedly has been isolating in his room and has lost interest in activities he used to enjoy participating in. Ben is up late at night on social media and has a difficult time getting up in the morning to go to school. His mom reports he is irritable and sometimes is short with others. He complains he is just fine and wants to be left alone.

- What are key issues? Answer in chat

## Remember Ben?



# Areas to Explore with Ben

Use Screening  
Tools

- **Academics:** difficulty completing/turning in assignments, decline in grades
- **Sleep Hygiene:** Staying up late, difficulty getting up on time in the mornings
- **Mood:** irritable, short with others, difficulty with concentration, decreased interests, increased isolation
- **Managing Internet/Social Media:** phone use late at night
- **Social Supports & Relationships:** parent /teen conflict
- **Other areas to explore/rule out?**



# Sleep

## Costs:

- Impact mood, stress levels, memory, judgement, and decision making
- Too much sleep increases health concerns
- Persistent sleep problems warrant further evaluation

## Benefits:

- Improvement in mood, focus, decision making, and concentration
- Helps fight off common infections by releasing key hormones

## Most U.S. middle and high schools start the school day too early



5 out of 6 U.S. middle and high schools start the school day before **8:30 AM**

*The American Academy of Pediatrics has recommended that middle and high schools should aim to start no earlier than 8:30 AM to enable students to get adequate sleep.*



Teens need at least **8** hours of sleep per night.



Younger students need at least **9** hours.



2 out of 3 U.S. high school students sleep less than **8 hours** on school nights

Adolescents who do not get enough sleep are more likely to



be overweight



not get enough physical activity



suffer from depressive symptoms



engage in unhealthy risk behaviors such as drinking alcohol, smoking tobacco, and using illicit drugs



perform poorly in school

For more information: [www.cdc.gov](http://www.cdc.gov)



## Sleep Tips for Teens

9+



- 1) **Aim for 9.5 hours.** Yes, really. Research shows that most teens need more than 9 hours per night. If you are falling short, you might notice it affecting your mood (Cranky? Feeling blah?) your thinking (Losing focus? Trouble with schoolwork?) and maybe your driving (tired teens have more car accidents).
- 2) **Stick to regular sleep and wake times.** Going to bed and waking up at about the same time every day makes your body "prepared" to fall asleep and wake up when you need it to. Yes, this means going to bed and waking up at about the same time on weekends also. If you go to bed late and sleep in hours later on the weekend, your body will NOT be happy with you on Monday morning...
- 3) **Ditch your devices.** Texting, social media and the internet are the enemy of sleep. Not only do activities like texting, gaming and social media keep you alert, if you do fall asleep, getting texts and updates can wake you back up. Research also shows that the light from screens before bed messes with your brain's ability to sleep. Try to stop using screens well before bedtime and leave devices outside the bedroom so they can't distract you. Some devices like ipads and iPhones have settings for "night shift" so the screens give off less blue light in the evening hours, which might help.
- 4) **Create the right conditions.** People sleep better when it is dark, cool, and quiet. If you need them, consider curtains or eye mask to keep it dark, and ear plugs or "white noise" to deal with noises. Get calm by avoiding bright lights or exercise right before bed.
- 5) **The bedroom is for sleeping.** If you can, avoid doing stressful activities in bed or in your bedroom. This keeps the stress of daily activities out of your sleeping space.
- 6) **No napping.** Naps (especially longer ones after 3pm) can throw off your ability to fall asleep at bedtime. Many teens also find that they wake up from naps with less energy and motivation for things they need to do, like homework.
- 7) **Avoid caffeine, smoking, alcohol and drugs (especially late in the day).** Although some people find alcohol makes them drowsy, it actually leads to worse sleep quality and more waking up at night.
- 8) **Don't watch the clock.** When you are trying to fall asleep, watching the clock and worrying about being awake only make you more anxious and less sleepy. Instead, keep clocks where you can't see them and don't stress about being awake. Tell yourself that getting less sleep one night never hurt anyone, and as long as you don't sleep in or nap tomorrow, you will be plenty tired and sleep much better the next night!
- 9) **Don't TRY to sleep.** The more you try, the harder it is. Instead, do something calming, like focus on slow breathing, do a meditation (like this body scan <http://marc.ucla.edu/mpeg/Body-Scan-for-Sleep.mp3>) or imagine all the details of a calming place or memory—the sights, sounds, smells, touch, tastes). If you've been lying awake for more than 20 minutes, try getting up and doing something boring in dim light until you feel sleepy, then return to bed and try again.
- 10) **Don't worry about stuff.** Easier said than done! But you can keep a pen and paper to



write down worries to be addressed in the morning. You can also notice when you are worrying and change your focus to one of the calming and distracting activities above (like a body scan or calming imagery).

- 11) **Find some rituals.** Find a few calming things you can do every night to remind your body it is time for bed. Like some deep breathing, a few stretches, or a sip of warm milk or decaf tea.
- 12) **Stick to the plan.** If you do have a crummy night sleep, stick to your normal routine. Sleeping in, skipping activities, napping—these usually make the problem worse.
- 13) **Eat healthy and exercise.** Eating healthy foods, getting exercise, and getting outdoors during the day can help your body get in a good rhythm. But avoid intense exercise in the late evening, or it could keep you up.

If you wanted to improve your sleep, what things would you do differently this week?

What could get in the way of making these changes? How could you handle that?

### TRACK YOUR RESULTS:

Date	/	/	/	/	/	/	/
How did you do?							
What did you notice?							

<https://depts.washington.edu/uwhatc/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Sleep/Sleep%20Tips%20for%20Teens.pdf>

# Exercise: Benefits



Endorphins



Adrenaline



Muscle  
Relaxation



Sense of  
Achievement



Improved Sleep



Protection from  
Illness & Injury



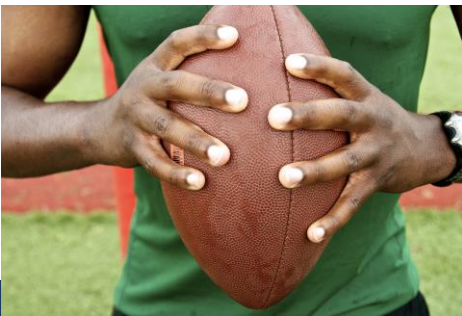
Improved  
memory



Increased  
energy



Improved focus



Better regulation  
of mood



Distraction from  
negative thinking

# Exercise: Strategies

Generally, doctors recommend about 20-30 minutes of exercise three to five times per week.

- Incorporate physical activity into daily activities
- Walk to school instead of taking the bus
- Take the stairs instead of the elevator
- Sign up for a class if structured exercise is preferable
- Ask a friend to join
- Walk the dog
- Dance

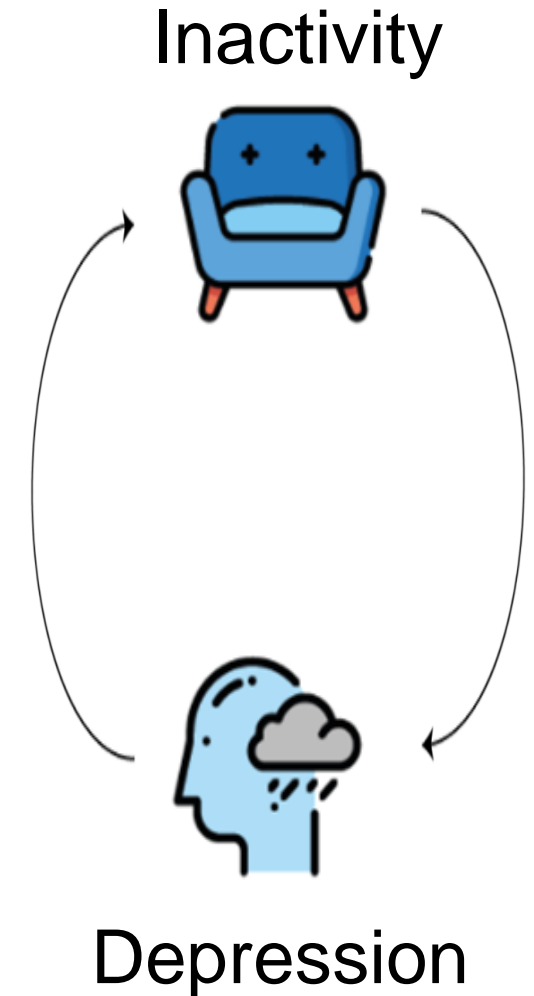


**START SMALL**



# Remember to use: Behavioral Activation!

- Tip #1: Do it!
- Tip #2: Be Kind to Yourself
- Tip #3: Reward Yourself
- Tip #4: Squeeze it in
- Tip #5: Bring Company
- Tip #6: Spot De-motivating Thoughts
- Tip #7: Set small goals



# Nutrition: Why we should pay attention

- Restrictive eating can result in impaired concentration and memory
- Medications need food to help metabolize
- Poor nutrition impacts brain neurochemistry which controls mood and response to stress, and higher brain functions that control learning and intellectual skills
- Ignoring the basic signs of hunger or not recognizing malnourishment can be mistaken for psychiatric symptoms
- Changes in appetite can be a result of mental health
- Side effects of medication may cause changes in appetite or weight
- Unregulated blood sugar levels can lead to a dip in mood or irritability
- Dehydration can lead to feeling more tired and stressed
- Too much caffeine can cause sleep disturbance



# Nutrition Happy Body = Happy Brain

## Strategies for Promoting Healthy Teens

- Start small and make gradual changes
- Focus on what you can control
- Encourage parent modeling behavior
- Eat together as a family when you can
- Think ahead, keep easy-to-grab items
- Eat small and frequent meals to prevent overeating
- Choose Complex Carbs (potatoes, rice, pasta)
- Protein (animal and plant products such as meat, eggs, milk, beans, grains, nuts)
- 5-A-Day Fruits & Veggies (vitamin C)
- Educate about good fats vs. bad fats (olive oil, fish, nuts, flaxseeds)
- Increase Fiber (wholegrains or brown vs. white breads/rice/pasta)
- Don't skip breakfast which has been associated with lower energy and decreased motivation.
- Watch beverage choices i.e. caffeine intake (carry water in a favorite bottle)
- Keep a food journal



# Social Supports: Benefits



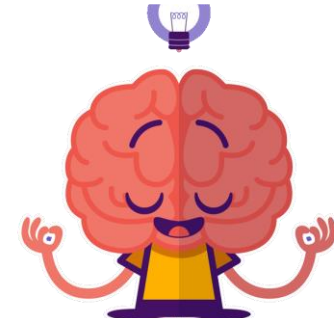
Accountability



Improved  
physical and  
emotional health

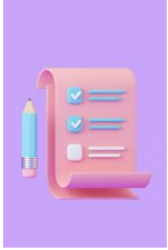


Better problem  
solving



Enhanced “brain  
fitness”

# Social Supports: Strategies



List the positive people/supports in their lives



Explore formal and/or informal networks



Quality over quantity



Networking opportunities on the internet



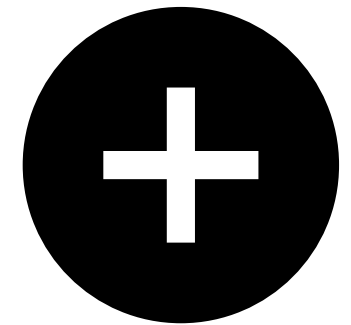
Make New Connections



Look into Community Service

# Internet and Social Media: Benefits

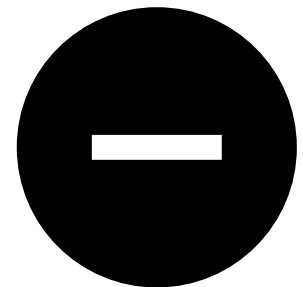
- A wealth of information and resources
- Provides access to friends and support 24/7
- Provides a connection to other like-minded individuals
- Helps adolescents develop and express individual identity and creativity





# Internet and Social Media : Costs

- Cyber bullying
- Can impact self concept negatively
- Feeling compelled to check-in online
- People can claim to be anyone on the internet
- Risk of identity theft or being “tricked” into sharing personal information
- Can contribute to sleep problems.



# Internet and Social Media Strategies:




Limit time spent on internet/  
social media, set a timer




Set a phone curfew




Learn to block negative  
connections/people



Avoid tech verbal wars - no response  
stops adding fuel to the fire



Pocket Points- App that rewards users' points for  
keeping their phone off while in class. Points can be  
redeemed for goods and coupons at local businesses  
or online



Set the phone away from the nightstand if using as an  
alarm



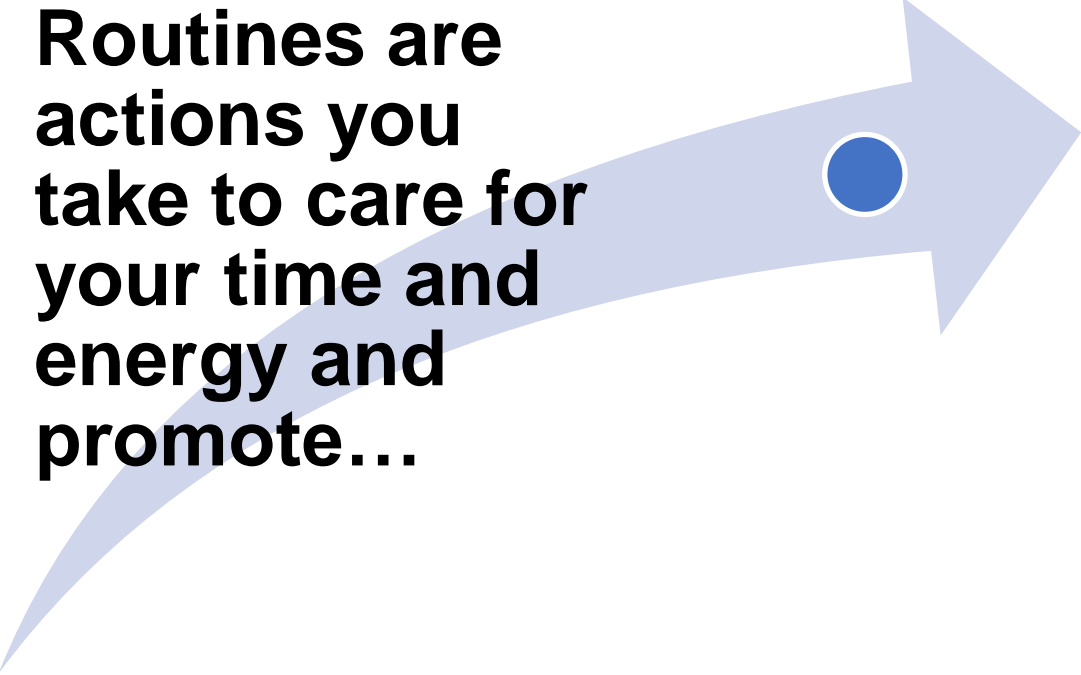
Change blue light to soft evening light



American Academy of Pediatrics Family Media Plan-  
helps families create plans together [AAP Media Plan](https://www.aap.org/family-media-plan)  
([healthychildren.org](https://www.healthychildren.org))

# Routines for Self Care

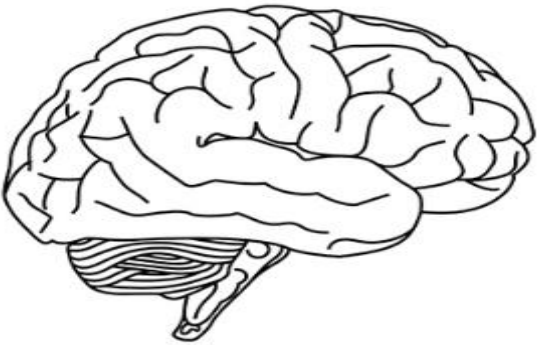
**Routines are actions you take to care for your time and energy and promote...**



- Self regulation and self-control
- Self reliance and self-sufficiency
- Independence and responsibility
- Resourcefulness and self-awareness
- Prioritizing goals and tasks
- Mindful decision making
- Negotiation skill development
- Sense of accomplishment
- Confidence in management skills
- Predictability in the day
- Critical reflection on actions and outcomes

# Why Structure & Routine?

Remember Adolescent  
Brain Development



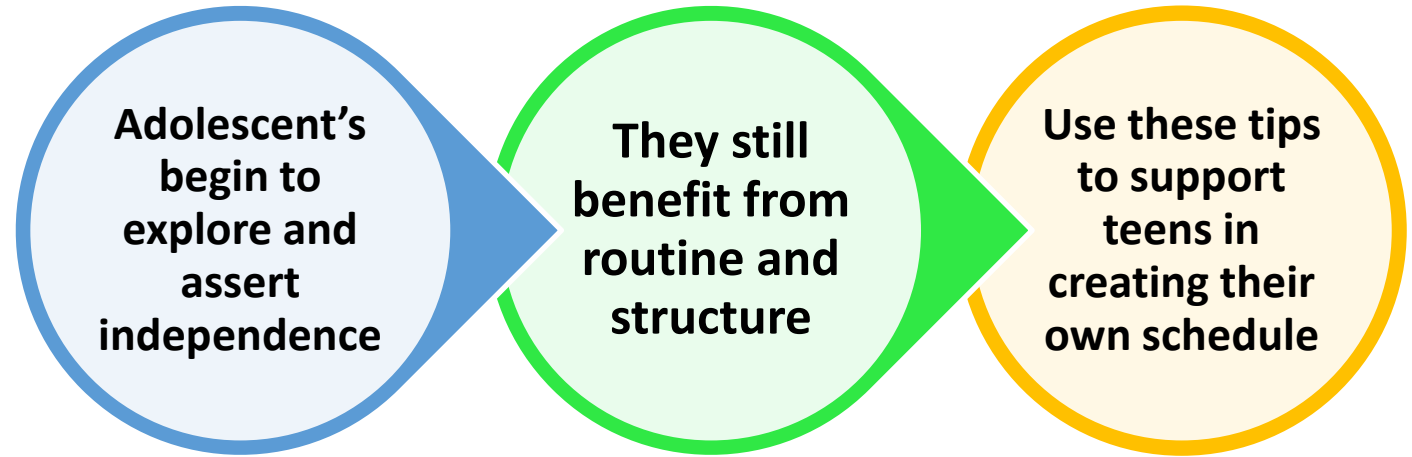
During the teenage years, the part of the brain that drives emotion develops faster than the part that controls impulses

Predictability prevents stress associated with sudden change

Teenagers are more prone to risky, boundary-testing and inconsistent behavior

This allows for social, emotional, and cognitive changes as well as taking on new responsibilities from childhood to adulthood

# Implementing Structure & Routines for Self Care:



- Reflect on our own relationship to daily habits.
- Begin conversations on their cue, often during daily activities
- Acknowledge that building routines is a constant practice even for adults.
- Recognize that transitions in the day can be a challenge
- Make small changes and break into parts
- Ask open-ended questions to support critical thinking process
- Encourage teen to keep a living document of their lists/plans
- Don't forget to include rest, play, and relaxation
- Explore steps in order and prioritize together
- Consider time management expectations for tasks and leisure
- Offer the amount of support and accountability the teen needs
- Monitor progress together – share observations, celebrate what's working well

SAMPLE



# DAILY SCHEDULE

## SUGGESTED AGES 13-18

[See more](#)

Adolescence is a time where we begin to explore and assert our independence. Teenagers do not need as rigorous of a schedule as young children do, but they still benefit from routine and structure. Allow your teen to come up with their own schedule from these recommendations below:

### SCHEDULE FOR 13-18 YRS OLD

#### 9:00 - 10:00 AM

- Wake Up, Get Ready, Eat breakfast

#### 10:00 - 12:00 PM

- Homework
  - Create workspace. Have your teen pick a spot where they can work uninterrupted. Have them organize and/or decorate it in a way that they feel will help them be productive and motivated. (Ex. Use a special notebook or colored pens that make note-taking and writing more fun.)

#### 12:00 - 1:00 PM

- Lunch and Clean Up
  - Have your teen make a meal for the family
  - Wash hands before and after eating
  - Bring dishes to sink, load dishes into dishwasher or help dry dishes

#### 1:00 - 2:30 PM

- Quiet Time
  - Read
  - Do a puzzle
  - Journal
  - Listen to music/podcast/audiobook
  - Meditate or do mindfulness exercises: [mindfulnessforteens.com/resources/resources-for-mindfulness/](https://mindfulnessforteens.com/resources/resources-for-mindfulness/)
  - Color/draw/paint
  - Take a nap

#### 2:30 - 4:30 PM

- Get Active
  - If it's nice outside, go for a run/walk, ride a bike, set up an obstacle course
  - If your teen is involved in sports, have them practice what they can at home (Ex. If your child plays basketball, have them practice dribbling and ball-handling skills.)

If your teen plays baseball/softball, have them practice their swing, strengthen their arm through catch, roll ground balls/throw pop-flys in yard)

- On a rainy day, pull up home workout videos on YouTube (e.g., yoga, interval training, dance videos, etc.)

#### 4:30 - 6:30 PM

- Electronic Time
  - Play on iPad/tablet/computer/phone
  - Use social media
  - Watch TV/movie

#### 6:30 - 7:30 PM

- Dinner and Clean Up
  - Wash hands before and after eating
  - Bring dishes to sink, load dishes into dishwasher or help dry dishes
  - Allow your teen to help with meal prep a few times a week. If they have an interest in cooking, allow them to prepare a meal for the family.

#### 7:30 - 9:00 PM

- Wind-Down Time
  - Take a shower/bath (use bath bombs, listen to music)
  - At-home spa treatments like face masks, paint nails, etc.
  - Put on pajamas, brush teeth, wash face

#### 9:00 - 10:00 PM

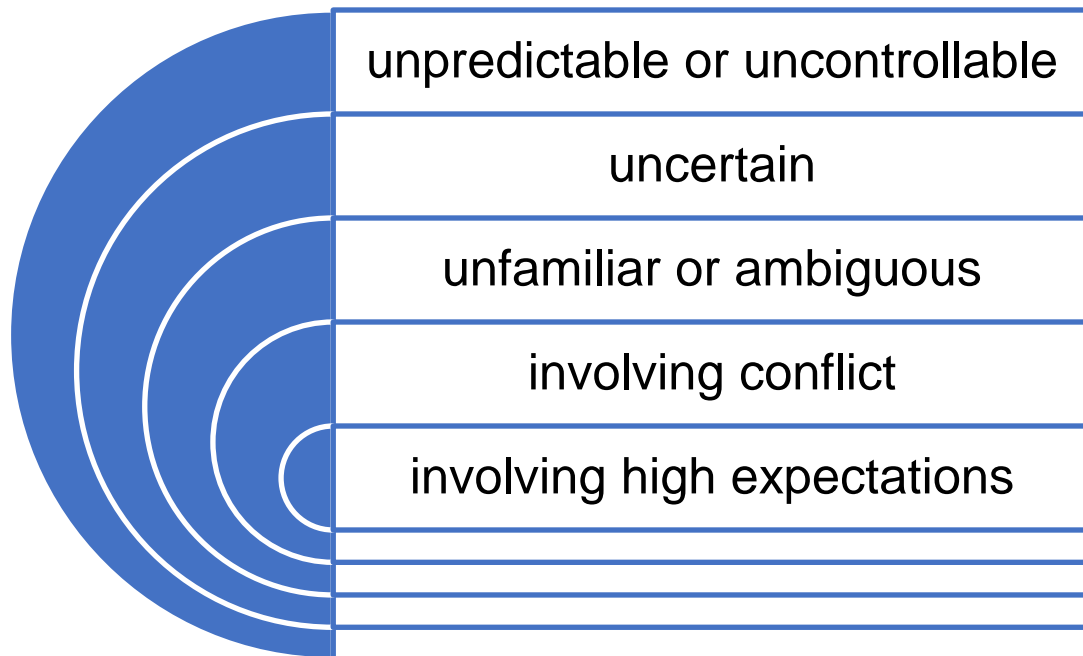
- Bedtime Routines
  - Read
  - Light candles
  - Listen to music
  - Journal
  - Meditate or do mindfulness exercises
- Sleep



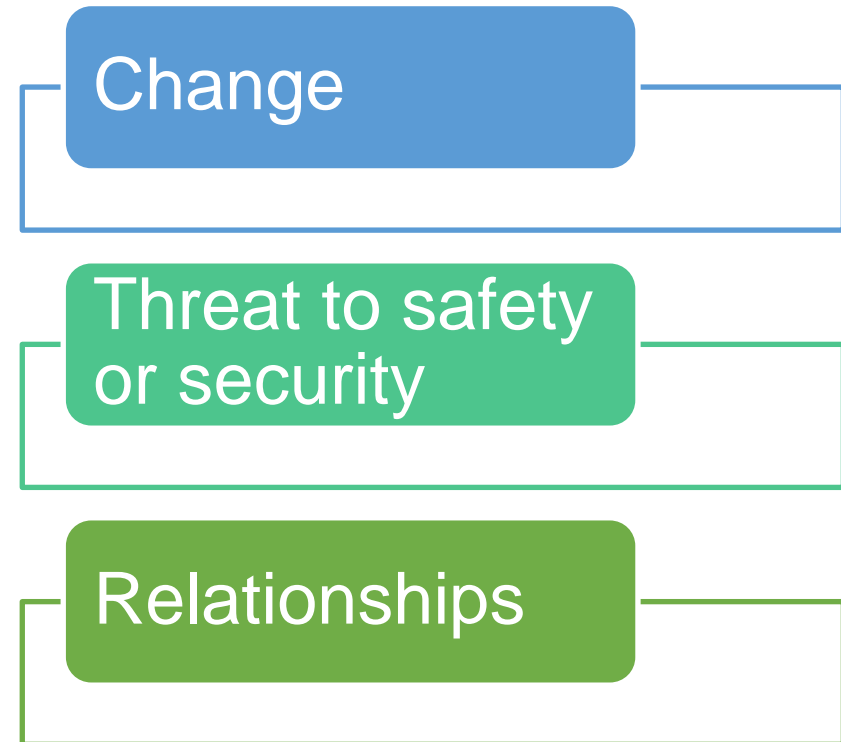
# Stress



## Situations that cause stress



## Stressors usually have to do with:

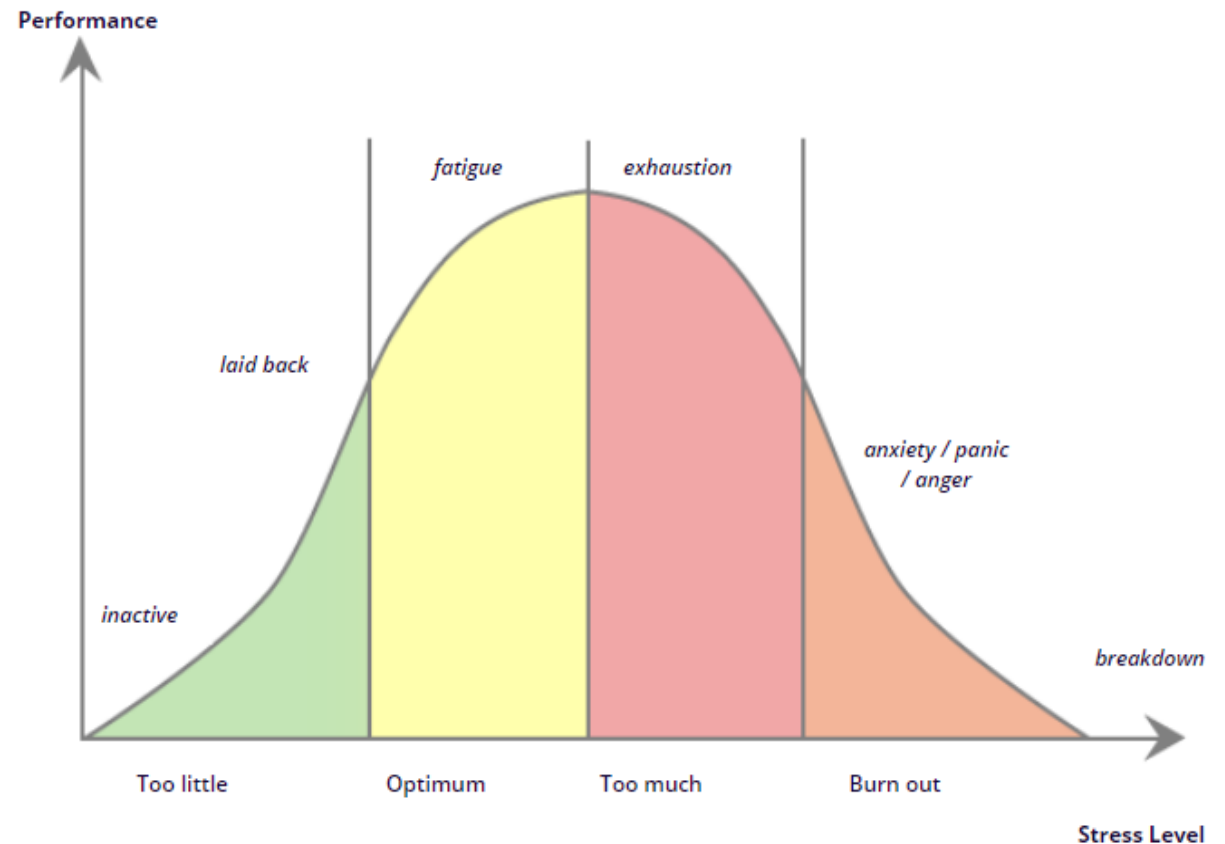


# Stress

## Impacts of Stress

- Difficulty concentrating
- Increased worrying
- Tension, short temper, irritable
- Changes in eating and sleeping habits
- Chronic stress is linked with a reduced immune response and an increased risk of heart disease, ulcers, migraines, bowel and stomach problems, high blood pressure, and depression.

Stress is a normal and helpful response to life hassles. It can energize us to deal with problems. But it can become a problem if it is so much that it overwhelms us.



# Resilience

## 👋 Did you know?

The idea of resilience comes from social science research on children and adults who experienced a significant trauma or challenge.

Positive Relationships

Making Plans

Optimistic Outlook

Trusting in Strengths & Abilities

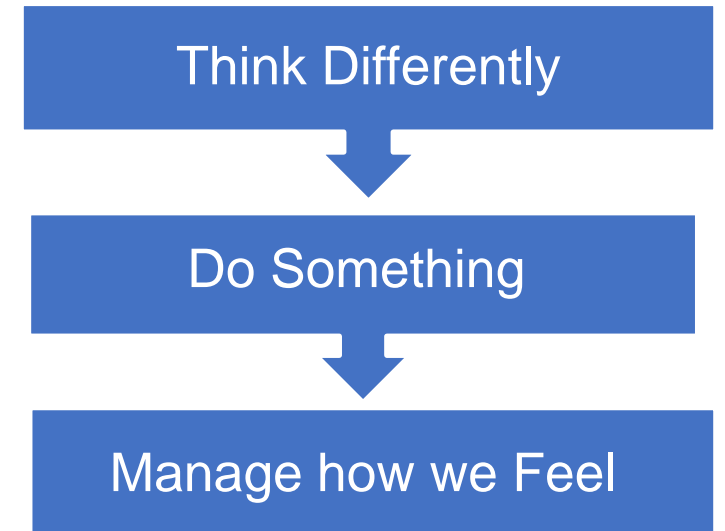
Meaning & Purpose

Balanced Thinking

Self-Care and Self-Compassion



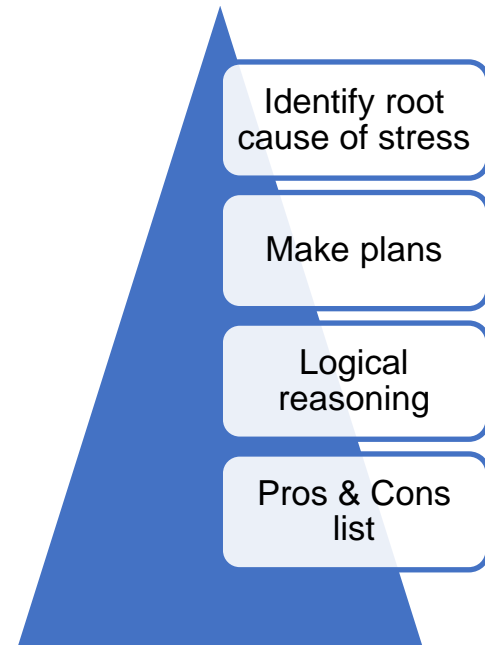
# Coping Strategies for Stress Management



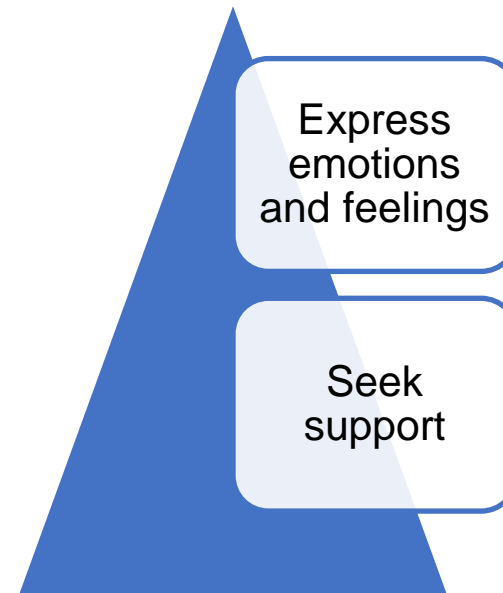
## Thinking Focused



## Problem Focused



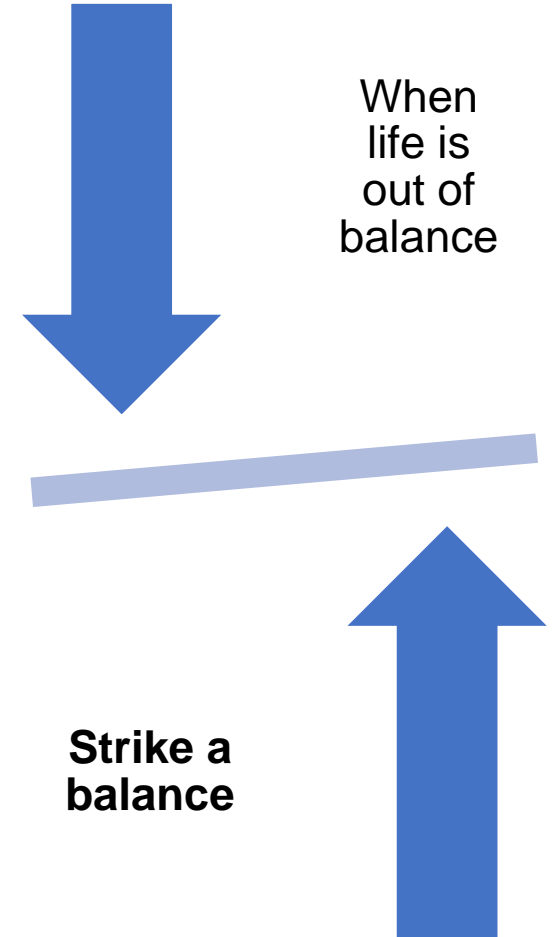
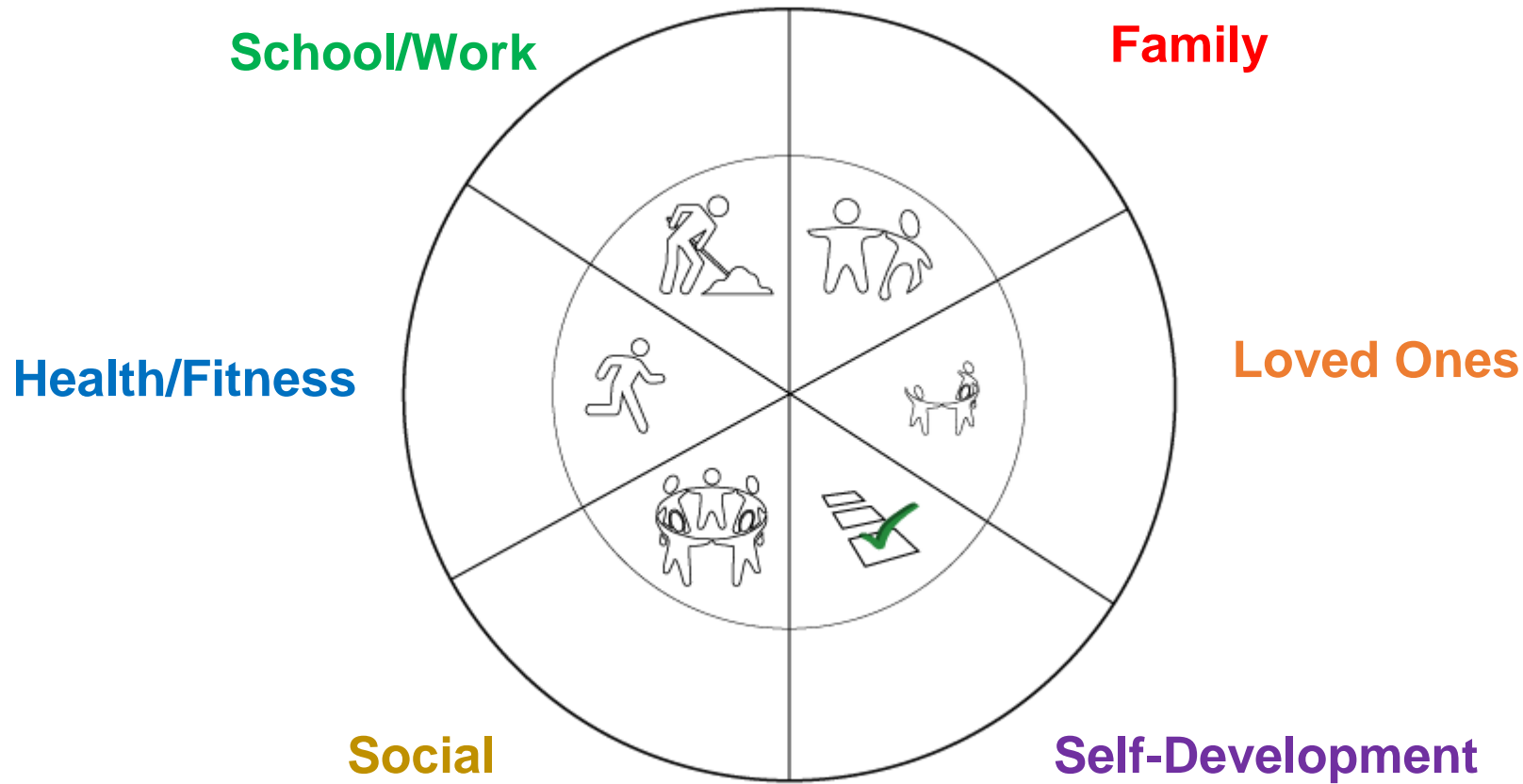
## Emotion Focused



# Poll

What coping strategy do you think adolescents will use first given what we know about brain development?

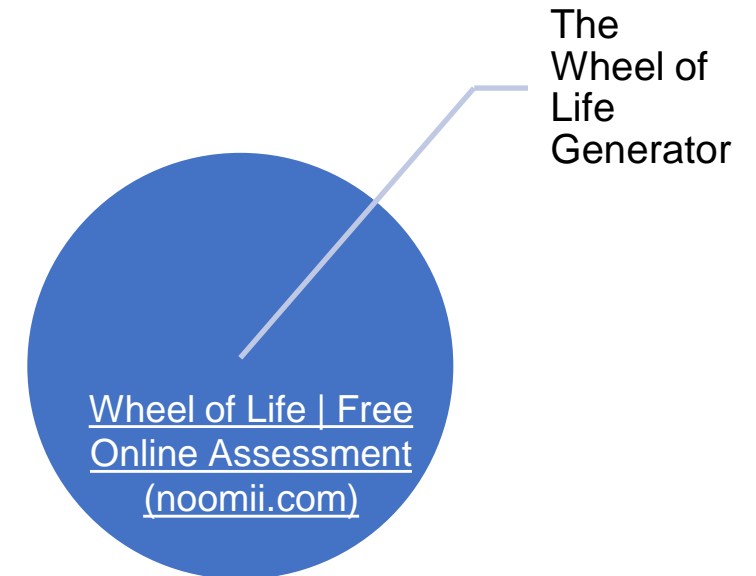
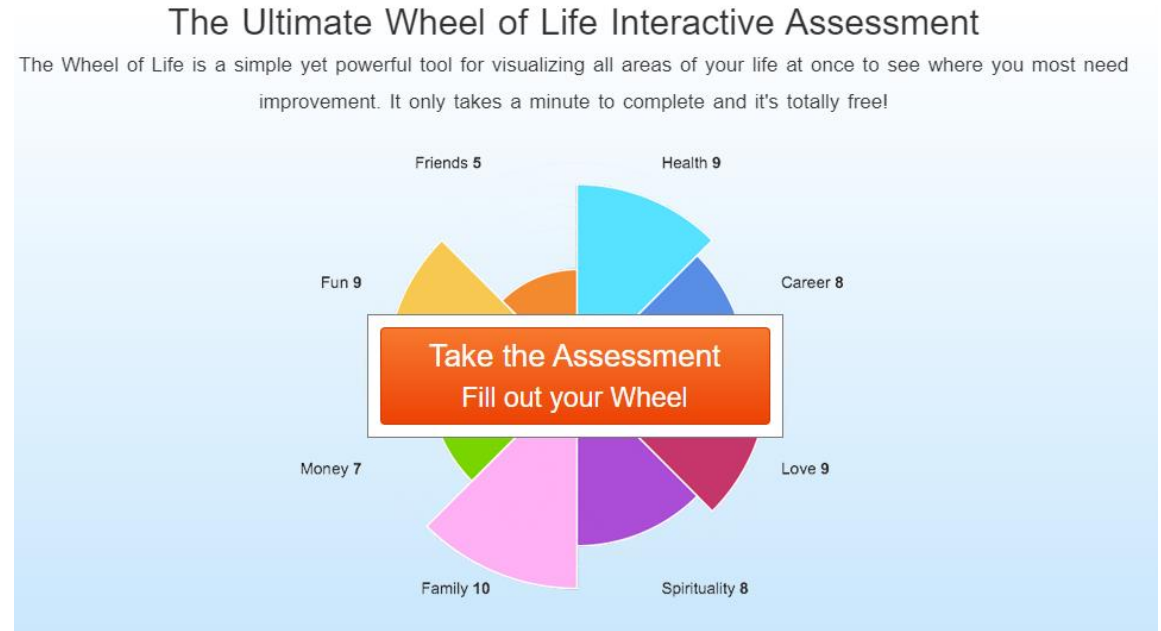
# Balancing Your Life



**Reduce the demands** on ourselves or **increase our resources.**



# Your Life Areas



# Set Personalized Youth-Centered Goals



Write goals down

Set positive goals, not negative ones

Set process goals, not outcome goals

Break goals down to more manageable and achievable steps

Notice when you have reached a goal and give yourself credit

The adolescent chooses the health behavior most important to them

How will they track progress and outcomes?

Who can help keep them accountable? (Parent, caregiver or friend?)

Change Plan

CHOICE

# Self Management Plan

## Worksheet for Change



The change I want to make is...



Some barriers that could get in my way are:

Three reasons I want to make the change are:

- 1.
- 2.
- 3.

Solutions to overcome these barriers are:



- 1.
- 2.
- 3.



Some people who can support me:

The steps I will take to change are:

- 1.
- 2.
- 3.

I will know my plan is working if:

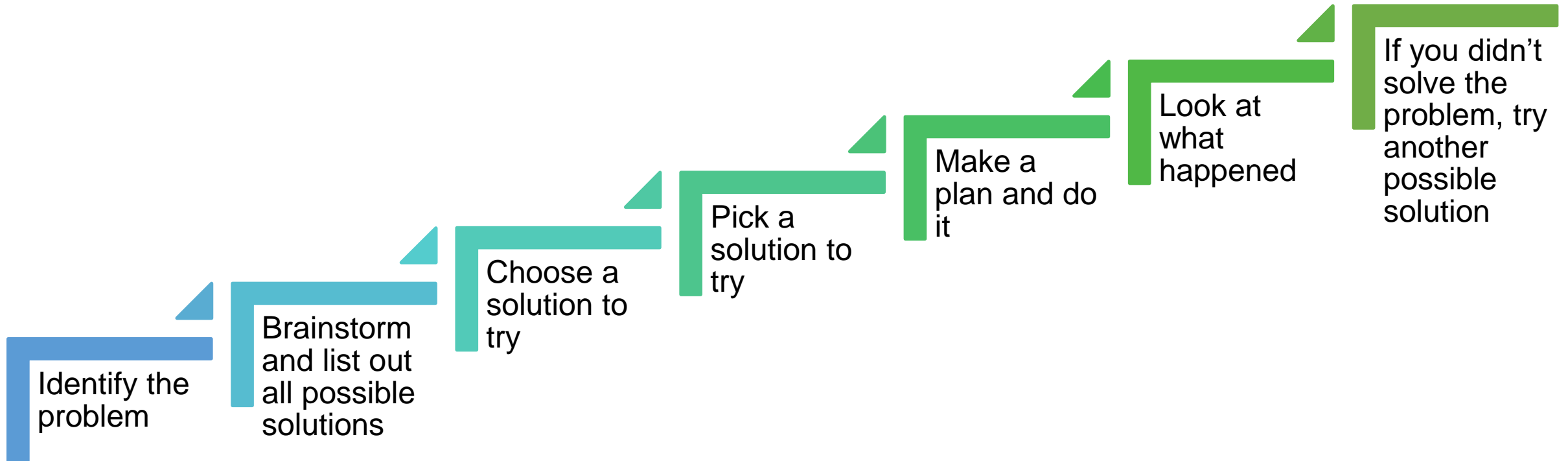


How confident are you that you can make this change?



# Address the Problem

Reduce stress by feeling more in control



# Time Management: Stress & Time



Prioritize activities and tasks in Quadrant 2

At school: Take time to plan and work steadily to avoid cramming

In your personal life: Take time to exercise, eat well and take care of your mental health instead of waiting for serious health problems to arise

		Urgent	Not Urgent
Important	Quadrant 1	Crisis	Planning
		Pressing issues	Preparation
		Deadlines	Prevention
		Goals	Relationship building
			Personal development
Not Important	Quadrant 3	Interruptions	Trivia
		Some mail	Excessive TV / games
			Time wasters
	Quadrant 4		

# Relaxation Techniques



**What happens when  
you try combine oil  
and water? They  
just don't mix**

**Your body cannot be  
tense or stressed and  
relaxed at the same  
time**

# Mindfulness

**Mindfulness**- the act of being present and being intentional with our attention. When we are mindful we notice what is happening in and around us, so that we can learn to accept and manage our experience, instead of allowing our thoughts or emotions to run the show

**Staying in the present involves having a non-judgmental, inviting awareness of now.**

## Benefits:

- Decreased negative thinking,
- Less judgmental
- Increased compassion and forgiveness of self and others





# Deep Breathing

When we are anxious our body speeds up breathing to prepare for response. Relaxed breathing is slower and deeper, coming from the belly and signaling the body that it is safe to relax.

- Make sure you are sitting or lying comfortably
- Close your eyes if you are comfortable doing so
- Try to breathe through your nose rather than your mouth
- Deliberately slow your breathing down; breathe in to a count of 4, pause for a moment, then breathe out to a count of four.
- Make sure that your breaths are smooth, steady, and continuous — not jerky.
- Attention to your In-breath
  - 1...2...3...4
  - Pause
  - Out-breath
    - 1...2...3...4
    - Pause
  - Attention to your out-breath —
  - make sure it is smooth and steady.



# Gratitude

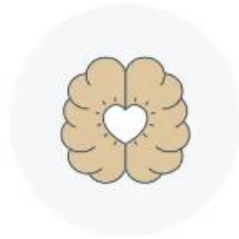
## The Benefits of Gratitude



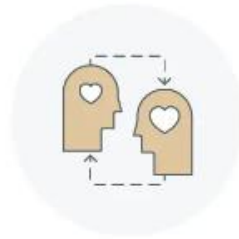
## IMPROVES PHYSICAL HEALTH



IMPROVES  
SLEEP



IMPROVES  
PSYCHOLOGICAL HEALTH



INCREASES  
EMPATHY



**REDUCES  
AGGRESSION**



## MORE SOCIAL CONNECTION



ENHANCES  
SELF-ESTEEM



**IMPROVES MENTAL  
STRENGTH**



## Strategies:

- Gratitude Journal
- Gratitude Jar or Box
- Three Good Things
- Acts of Kindness
- Positive Media Posts
- Make someone else happy
- Gratitude Rock
- Collage
- Gratitude Letter
- Gratitude Apps: HappyFeed, Gratitude Garden
- Therapist Aid ([therapistaid.com](https://therapistaid.com))

# Grounding

## 3-2-1



Name 3 things you can see



Name 2 things you can physically feel



Name 1 thing you can hear



Repeat until you feel calmer.

## Calming Touch



Cross your arms and rub from shoulders to elbows



Massage your own neck or shoulders



Hold your head – forehead and back of head

## Back of the Body Scan

Take some time to slowly let your mind scan the backside of your body, starting with your feet.

- Focus on what your feet are touching. Take a few deep breaths and gently press them into your shoes and the ground beneath them. See if you can imagine your feet growing roots into the earth.
- What are your legs touching? Can you sit down if you are standing? Focus on the fabric or air or chair that your legs are touching. What are you noticing about what your legs are touching?
- Focus on your spine and shoulders, letting your shoulders gently relax down into your spine.

## Engage Your Mind

Name all of the states in alphabetical order

Count backwards from 100 by 7

Say the alphabet backwards

Look around and try to pick out which color there is the most of in the room



# TRAILS TO WELLNESS & RESOURCES


















[https://whs.rocklinusd.org/documents/Counseling/101  
Ways to Cope with Stress.pdf](https://whs.rocklinusd.org/documents/Counseling/101 Ways to Cope with Stress.pdf)



[Link: Trails to Wellness](#)



# SELF-CARE BINGO

 TOOK A SHOWER	GOT DRESSED TODAY	 talked TO A friend	SAT WITH MY FEELINGS	 gave myself a compliment
MOVED MY BODY JOYFULLY	 ate food	LISTENED TO MY BODY	 CHALLENGED NEGATIVE THOUGHTS	HAD FUN
 WENT OUTSIDE	TRIED SOMETHING NEW	STAYED ALIVE	practiced being mindful	  DID A HOBBY
used a coping skill	   LET MYSELF CRY	took a break	 ASKED FOR HELP	GOT SHIT DONE
 BRUSHED MY TEETH	practiced self compassion	 DRANK WATER	TREATED MYSELF	 got 7-9 hours of sleep

@ALYSERURIANIDESIGN

# Group Discussion

## Using the case of Ben...

- What are 3 strategies to present to Ben he can consider including in his self care?
- How can you ensure that Ben drives the process?
- What are some ways to promote patient engagement?
- What are some examples of MI inspired reflections that would help guide this discussion?



# Questions?



# On-going Webinars:

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**Listings and registration on MICMT's website:**

<https://micmt-cares.org/collaborative-care-model-cocm-1>

Title	Date: ALL WEBINARS 12-1:30pm
<b>CoCM: Eating Disorders in the Primary Care Setting</b>	November 8, 2022 (12:00 pm-1:30 pm)

**MORE TO COME!!**

# BHCM Discussion Group

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## 3<sup>rd</sup> Thursday of the Month, 12-1pm

- Drop-in group for BHCMs
- No registration necessary
- Reminders are sent out by MCCIST via MailChimp the day before with the link
- Please contact your training partner if you're not getting these reminders

# References and Relevant Resources

- Trails to Wellness- <https://trailstowellness.org/>
- American Academy of Pediatrics Family Media Plan- <https://www.healthychildren.org/English/media/Pages/default.aspx>
- <https://www.sleepfoundation.org/teens-and-sleep-Delayed Sleep Schedule and School Start Times>
- <https://depts.washington.edu/uwhatc/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Sleep/Sleep%20Tips%20for%20Teens.pdf>
- <https://positivepsychology.com/gratitude-exercises/>
- SilverCloud
- [tcc-child-schedule-flyer\\_age13-18\\_02.pdf \(thechildrenscenter.com\)](https://www.thechildrenscenter.com/tcc-child-schedule-flyer_age13-18_02.pdf)
- Stuart J.H. Biddle, Simone Ciacconi, George Thomas, Ineke Vergeer. Physical activity and mental health in children and adolescents: An updated review of reviews and an analysis of causality. *Psychology of Sport and Exercise*: Volume 42, 2019, Pages 146-155, ISSN 1469-0292, <https://doi.org/10.1016/j.psychsport.2018.08.011>.
- Pamela Martyn-Nemeth, Sue Penckofer, Meg Gulanick, Barbara Velsor-Friedrich, Fred B. Bryant. The relationships self-esteem, stress, coping, eating behavior, and depressive mood in adolescents" <https://doi.org/10.1002/nur.20304>
- Moitra P, Madan J, Shaikh NI. Eating habits and sleep patterns of adolescents with depression symptoms in Mumbai, India. *Matern Child Nutr.* 2020;16 Suppl 3(Suppl 3):e12998. doi:10.1111/mcn.12998
- The Impact of Sleep on Teen Mental Health. December 1, 2017, Georgetown Behavioral Health Institute. <https://www.georgetownbehavioral.com/blog/impact-of-sleep>