

EPISODE LIST FOR THE

Find the Eight

SLEEP SERIES

An 13- episodes audio series for teens, young adults & their families covering key concepts and strategies for insomnia and better sleep. All episodes are 10 minute or less and can be listened to on Spotify, Apple Podcasts, or any other podcast app. To listen and for additional worksheets and guides that complement this series, please visit decodeinsomnia.com.

Episode 1: The Number One Sleep Trap You Need to Avoid [8 minutes]

The first step that most people benefit from. Goes through how to properly time sleep and avoid showing up too early for sleep when it is very unlikely or not possible to sleep well. Worksheet for determining your 'starting line' (i.e. the earliest time to attempt sleep) available on decodeinsomnia.com

Episode #2: How to Curb Bedtime Procrastination [7 minutes]

Tips on how to be ready for sleep earlier.

Episode #3: How to Make Waking Up Less Painful [6 minutes]

Tips on how to avoid hitting snooze, falling back asleep, and how to be more alert in the morning. These tips are also helpful if you are struggling with fatigue, sleepiness and staying awake during the day.

Episode #4: Is Your Bed Keeping You Awake? [7 minutes]

Covers the idea that the bed can often become a powerful trigger for being in 'awake mode'. This episode goes through how you can get properly set up to retrain yourself to associate your bed with 'sleep mode'.

*Complements Jumpstart Guide #1, found on decodeinsomnia.com

Episode #5: Is Your Body Clock Out-Of-Sync? [9 minutes]

Describes the concepts of the body clock (or circadian rhythm) and social jet lag. Talks about the importance of a more regular wake-up time and tips on how to do this.



Find the Eight Sleep Series Episodes

Episode #6: How to Hack Light To Sleep Better [9 minutes]

Goes through tips on how to improve light/dark signals to better match the body clock with the schedule that works best for you. This episode includes lots of tips to reduce the harm of too much light in the evening and overnight (even if it's too difficult or not possible to put away electronics 1-2 hours before bedtime.)

*Complements Jumpstart Guide #2, found on decodeinsomnia.com

Episode #7: What To Do When Your Mind Is Keeping You Awake [6 minutes]

Reviews how an overactive mind and open loops (i.e. unfinished business) they keep you from being able to settle when you want to sleep. Introduces a strategy to capture thoughts when the mind is busy when you are wanting to sleep.

Episode #8: How to Use the 2-Minute Rule To Get More Done [6 minutes]

Introduces the idea of breaking things down into realistic, doable steps when it's difficult to get started and to maintain consistent action.

Episode #9: 7 Sleep Blockers That May Be Keeping You Out of the Zone [8 minutes]

A review of the common reasons that may be preventing you from getting into the calm, sleepy zone needed for good sleep. Basic suggestions for each sleep blocker.

Episode #10: Getting Into The Zone: What You can Learn From Michael Phelps [7minutes]

How to create a bedtime routine. *Worksheet available on decodeinsomnia.com

Episode #11: What To Do When You Can't Sleep [6 minutes]

Pulls the concepts from Episodes #1, #4, #7, and #9 into a 3-step plan for when you don't feel sleepy or when you are unable to sleep. *Worksheet handout available on decodeinsomnia.com

Episode #12: The Rested Version of Your Life and the Big 3 (Why Bother With Sleep?) [8 minutes]

Goes through how to set sleep goals, the benefits of better sleep, as well as how to personally define why better sleep matters to you.

Episode #13: Do You Need a Sleep Reset? [7 minutes]

Introduces the concept of a Reset or 'short sprint' to get sleep on track and why this approach might be necessary to see improvements. Talks through in a very general way what a Reset could look like. The Reset is modelled after one of the most powerful strategies used in the first line treatment for insomnia, cognitive behavioural therapy for insomnia or CBT-I.