

Humble Sleep Tool for practitioners

www.Humblesleep.com



Hello



www.Humblesleep.com

**“After 20 years of insomnia
I’m finally free!”**

Mrs B D

Start today by downloading a free PDF

[Humble sleep tips and tracker ↓](#)





Why Sleep?

“If sleep doesn't serve an **absolutely vital function,
it is the biggest mistake evolution ever made”**

**Why
Humble ?**



Sleep is **Humble because it is really important yet so often overlooked.**

Scary slide



Insomnia (10%)



Silent poor sleep (25-60%)



OSA (7%)



Parasomnias (4%)

Common^{1,2}

Many don't know!

Sickness^{3,4}

Mental health
Not life shortening

Obesity, DM, CVD, Cancer, dementia, Infection, inflammation...
RR 1.2 (20%) all cause mortality if short sleeping

Costs⁵

Presenteeism, Mistakes, Violence, Accidents **UK £50 b/yr**

Challenges^{6,7}



Perhaps this can help?



Humble Sleep tool

For Practitioners to Screen, Score, Sort & Support Sleep.

This sleep tool is intended to support practitioners. It is not a substitute for clinical assessment. Created by Dr Ashish Bhatia GP in collaboration with Louise Burger CBT-I specialist.

1. Screen

How're you sleeping?
Sleep is Humble because it is really important yet so often overlooked.

Consider asking about sleep if you hear someone say...

I feel tired
I'm struggling to sleep
I get anxious at night
I've odd or unexplained symptoms

I'd like to be healthier
I'd like to lose weight
I'd like to get focused & fitter
I'd like to feel energised

I'd like to help my health conditions, E.g. obesity, diabetes, heart disease, dementia, fertility, inflammatory...

I'd like to improve my mental health & mood, anxiety, depression, PTSD...

I'd like to discuss sleeping tablets I'm travelling or staying in hospital I'm working shifts

2. Score

REGARD-ing your sleep
What's your challenge?

- 1. Regular bed & wake up times?**
Times varying by more than 1 hour.
- 2. Enough time to sleep in bed?**
This is personal, typically 7 hours.
- 3. Getting to sleep or back to sleep?**
Lying awake in bed for >30 mins.
- 4. Anxiety or alertness in bed?**
Tired & wired or worried at night.
- 5. UnRefreshed & sleepy in the day?**
Tired or unwanted dozing in the day.
- 6. Doing odd stuff at night?**
Unwanted sleep related experiences.

Option to score days per week for each struggle & track the score over time.

3. Sort

Possible sleep issue

- Poor sleep habits**
Not setting the body clock with what it needs, during the day & night.
- Insomnia**
Want to, but feel I can't sleep & trying harder doesn't help.
- Obstructive Sleep Apnoea**
Blocked breathing interrupts deep sleep.
- Disruptors**
These spoil sleep quality often without us knowing. See below.
- Parasomnias**
E.g. Sleep walking, Night terrors, Paralysis, Acting out dreams, Restless legs, Periodic limb movements & Parkinson's dis (early sign).

4. Support

Possible options

Improve sleep habits & lifestyle
Set reminders for regular wake up, wind down and bedtimes.

Get LEFTSS right in the day
Light, Exercise, Food, Temperature, Soothing & Sleep-space.

Insomnia
Assess insomnia severity index. Reassure it's common, often curable & "paradoxical" - a misperception. Offer help e.g. CBT-i apps or services.

Obstructive sleep apnoea
Assess Epworth or STOP BANG score. Help snoring and refer if appropriate. Discuss driving. Lifestyle change & refer sleep studies if appropriate.

Disruptors
Manage Meds, Pain, Peeing, Menopause Aim for NO SCAMS (see below) Support social and habit change.

Parasomnias
These are varied and can be tricky. Some are managed in primary care. Refer if you're unsure, if the person or partner is in distress or at risk of harm.

Restless legs
Consider lifestyle, iron or other meds.

Common Disruptor's

Pain, pets, peeing, menopause, heat, lights, sounds, smells, devices, dependants & drugs.

Aim for NO SCAMS:
Nicotine, Opioids, Sedatives, Caffeine, Alcohol, Marijuana & Screens in bed.

Sleep Aids - Consider **CAMOMILE** with care and caution:
Cold water, Apigenin, Ashwagandha, Massage, bodyscan Meditation, Orexin antagonist, Mg threonate, Melatonin, Inositol, L-theanine, Lavender, SAD Lamps & blue blockers, Eye patches & Ear plugs.

Download this PDF with links & a video guide: www.humblesleep.com

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4 Questions

Screen **How are you sleeping?**

Score **What's your challenge?**

Sort **Could this be an issue?**

Support **How does this sound?**

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I'm travelling or staying in hospital
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Possible sleep issue

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Insomnia
Want to, but feel I can't sleep & trying harder doesn't help.

Obstructive Sleep Apnoea
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Disruptors
These spoil sleep quality often without us knowing.
See below.

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These are varied and can be tricky.
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Refer if you're unsure, if the person or partner is in distress or at risk of harm.

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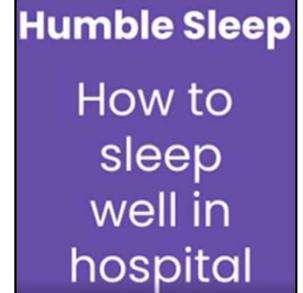
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Lavender, SAD Lamps & blue blockers, Eye patches & Ear plugs.

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Screen: How are you sleeping?



1. Screen

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& mood, anxiety, depression, PTSD...

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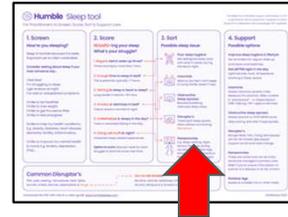
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Sort: Could this be an issue?



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3. Sort

Possible sleep issue



Poor sleep hygiene

Not setting the body clock with what it needs, during the day & night.



Insomnia

Want to, but feel I can't sleep & trying harder doesn't help.



Obstructive Sleep Apnoea

Blocked breathing interrupts deep sleep.



Disruptor's

These spoil sleep quality often without us knowing.
See below.



Parasomnias

E.g. Sleep walking, Night terrors, Paralysis, Acting out dreams, Restless legs, Periodic limb movements & Parkinson's dis (early sign).

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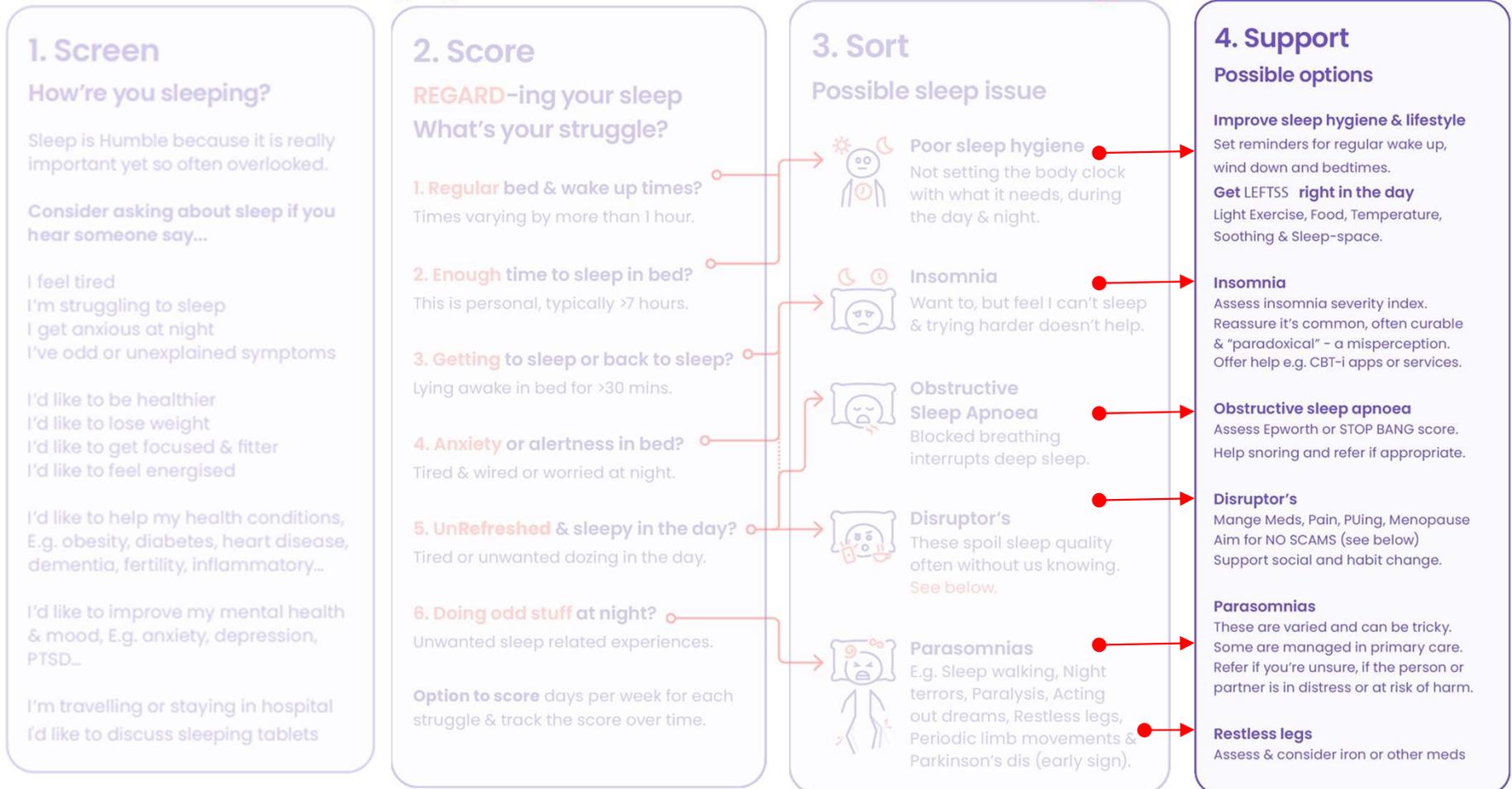
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Support: Could this help?



Dodge the Disruptors



Common Disruptor's

Pain, pets, peeing, menopause, heat, lights, sounds, smells, devices, dependants & drugs.

Aim for **NO SCAMS:**

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Sleep Aids



Sleep Aids - Consider **CAMOMILE** with care and caution:

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These are options not prescriptions

Page 2: Further resources

Humble Sleep tool

Further resources to support sleep care
For a video guide to using this sleep tool click this link: (www.humbletsleep.com)

Sleep Hygiene
Set your body clock with regular wake up*, wind down and bed times and aim to get your LEFTS right. (see below)



Light
Wake up to see morning light. Screens off 1h before bed. Aim for dark at night.



Exercise
Walk outside in day-time & exercise if you can. Even 1 min out of puff helps.



Food
Cut alcohol & caffeine esp after noon. Last meal >3hrs before bed & only drink water after.



Temperature
Cool your body, set bedroom temp to 19°C & sip or splash cold water if you get hot.



Soothe
Soothe your mind with time to relax & unwind. Try a journal, music or candle-lit bath.



Sleep
Soft, dark & quiet, just for sleep & sex. If stressed go to a separate sanctuary until you feel sleepy.

Insomnia
Insomnia is common and distressing, (impacting mental health & performance) but reassuringly it's not life shortening & it's usually treatable. NICE recommends CBT for insomnia as sleep hygiene alone is rarely enough. Below are 6 CBT-1 skills that we teach at Humble Sleep. Click this link for a video description:

Set up success	Stimulus Control	Sleep Efficiency	Soothing strategies	Structure thinking	Set free
Check suitability Respect Reassure Set expectations.	Only sleep & sex in bed. No stress or screens.	Avoid napping & only go to bed if sleepy.	Body scan, PMR, Deep nose breaths, Eye movements.	Pause & process regulate & re-frame.	Strategies and support to stay on track.
Start sleep journal Set wake up time Sleep hygiene.	If awake >20min exit bed and go to a sanctuary.	Record & restrict time in bed by going to bed later.	Be ready with a plan if you wake. E.g. Music, journal	Thought filter Write worries & solutions.	Life is about living, not just sleep.

Link to information and insomnia score <https://www.nhs.uk/conditions/insomnia>
Free App: **Sleepful** - 30min Podcast <https://www.royalsurrey.nhs.uk/saygoodnight>

Sleep apnoea
Check Epworth or **STOP-BANG** score & consider referral if appropriate
Clinical link: <https://remedy.bnsg.icb.nhs.uk/adults/sleep-medicine/obstructive-sleep-apnoea-osg>

Parasomnias
There are varied. Consider possible functional, behavioral, neurological or psychiatric approaches.
Clinical link: <https://remedy.bnsg.icb.nhs.uk/adults/sleep-medicine/restless-leg-syndrome>

Periodic limb movements
Check blood ferritin, consider treating if <75mcg/L
Clinical link: <https://remedy.bnsg.icb.nhs.uk/adults/sleep-medicine/parasomnias>

Dodge Disruptors
Click for links: **Drugs** aim for **NO SCAMS** if possible, see list on page one. **Pain**: explore pain management. **Menopausal**: HRT & CBT-1 above. **Avoid alcohol & caffeine**. **No bright lights, pats or phones** in the bedroom. If on call, set notifications to "do not disturb".

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Habits

Humble Sleep
Sleep well, feel alive and do good.

Hello,
My name is Dr Bhatia. I'm a GP and lead the Humble Sleep Doctors, who offer personalised wellbeing support and guidance in managing your sleep better.

How are you sleeping?
Sleep is really important but often taken for granted. Unfortunately, modern life doesn't make it easy. About 1/3 of us struggle to sleep (insomniacs) and 1/3 of us are sleeping poorly without realising this can potentially affect our physical and mental health. Poor sleep also disrupts our focus, contributing to mistakes and accidents. Fortunately, when we sleep well we are happier, happier and perform better. It adds to our super power.

The good news is that most people can improve their sleep. For which we have been helping individuals, athletes and organisations sleep well with simple strategies for over 10 years and it has improved (backed up by NICE).

We work with you using affordable and cost-effective. **Personalised support, online seminars and well-being resources**

98% Recommendation
Help people sleep properly in just one session with great results at a weekend. Get started using the free beginner's **sleep guide**.

To get in touch or find out more: www.humbletsleep.com

BEGINNERS
Improve your sleep in just 1 week

Sleep improves when you get your LEFTS right.

Light
Use the day as your natural cue. Switch off screens 1 hour before bed. Personalised support for you. Book 10 minutes for digital support.

Exercise
Cut caffeine after noon. Last meal 3 hours before bed only one meal after. Last meal before bed 3hrs and no alcohol or red wine 4hrs before bed. Your most vital time to be relaxed with journal or candle lit bath.

1. Start today
Start by waking your body clock with regular wake up, walk out, wind down and bed times.

2. Make a plan that works for you & stick to it!
Use this plan for the first 7 days as a minimum.

Time	Wake	Walk	Wind	Down	Bed	Thurs	Fri	Sat	Sun
Light	Yes								
Exercise		Yes							
Food			Yes						
Temperature				Yes					
Soothe					Yes				
Sleep						Yes			

3. Each morning keep your scores for the day before

4. Well done.
Program now over time for the next step contact us at info@humbletsleep.com

The Humble Insomnia HELP sheet

Waking at night is natural but our nervous system gets a bit more on edge when we get the night shift. Also the harder we try to sleep the more it can wake us up. The good news is that most people can improve using CBT-1 (Cognitive Behavioural Therapy for Insomnia). You can access this using the link below. For help and personal support in applying CBT-1, please contact us. We offer a 100% success rate and a 100% refund if you don't improve. We have helped a lot of people.

1. Do what helps in the day by getting your LEFTS right
See more on page 2.

2. Be ready if you wake with a red torch by your bedside.
The nervous system responds to stress and anxiety. When we wake up at night, we are often in a state of alertness. This is why we need to be ready to go back to sleep. We offer a 100% success rate and a 100% refund if you don't improve. We have helped a lot of people.

3. Do what HELPS at night
To help you understand why you are waking at night, we offer a 100% success rate and a 100% refund if you don't improve. We have helped a lot of people.

4. Get help!
We offer a 100% success rate and a 100% refund if you don't improve. We have helped a lot of people.

Survive & thrive Shift work

Hello, my name is Dr Bhatia. I am a GP and the founder of Humble Sleep. Humble Sleep is an organisation that helps bring out our best.

Are you a shift worker?
A shift worker is someone who is working when they would normally be sleeping (eg night shift, weekends and evenings). Shifts affect our performance and health. Also the physical and mental health effects of shift working can be serious. Your medicine journal tells.

Timing matters
Every cell in our body has its own 24 hour clock that needs to be synchronised with a clock in our brain. These clocks are regulated by factors such as light, exercise, food, temperature and stress (CORT) and can only be shifted by 2 hours a day. That's why we get jet lag when we fly to a new time zone. So shift working is challenging the travelling to another time zone, because we need to get our body clocks back in sync.

Getting your LEFTS right
The good news is that by timing your exposure to light, exercise, food temperature and stress you can shift and maintain your body clock in the right time zone. It helps to: **Keep it simple** - make time to sleep and that you will not be performing at your best. **Anticipate** - plan and plan to get your LEFTS right and ease your transitions. **Act** - set your new wake up time and bedtime to stabilise your body clock. **Adapt** - refine your plan to suit each situation with flexibility and confidence.

Perhaps we can help?
We offer professional support for individuals, groups and organisations, specialising in: **Optimising sleep**, **Managing insomnia**, **Support for shift workers**

For further information and to book a session visit www.humbletsleep.com

Insomnia

NHS 75
Royal Surrey
NHS Foundation Trust

Say Goodnight to Insomnia Podcast

Sleepful
Helping you sleep

OSA

NHS
Bristol, North Somerset and South Gloucestershire
Integrated Care Board

REMEDY :

STOP-Bang Score

- S** Snoring
- T** Tiredness
- O** Observed apnea
- P** High blood pressure
- B** Body mass index >35 kg/m²
- a** Age >50 years
- n** Neck circumference >40 cm
- g** Gender, male

What stood out to you?

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I get annoyed at night
I've odd or unexplained symptoms
I'd like to be healthier
I'd like to lose weight
I'd like to get focused & fitter
I'd like to feel energised
I'd like to help my health conditions, e.g. obesity, diabetes, heart disease, dementia, mental inflammation...
I'd like to improve my mental health & mood, anxiety, depression, PTSD.
I'd like to discuss sleeping tablets (m travelling or staying in hospital) (m working shifts)
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Insomnia
Obstructive Sleep Apnoea
Disruptors
Parasomnias
- 4. Support**
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Insomnia
Obstructive sleep apnoea
Disruptors
Parasomnias
Restless legs

Common Disruptor's: Noise, Light, Sounds, Smells, Pets, Peeping, Menopausal, Cold water, Argonies, Ashwagandha, Meditation, Cream entangled, My Trauma, Medication, Inhaled, L-Threonine, Coughing, Dependents & Drugs, or Aim for NO SCAMS: Nicotine, Opoids, Cannabis, Caffeine, Alcohol, Marijuana & Screen in bed.

Sleep Aids: Consider CAMOMILE with care and caution: Cold water, Argonies, Ashwagandha, Meditation, Cream entangled, My Trauma, Medication, Inhaled, L-Threonine, Coughing, Dependents & Drugs, or Aim for NO SCAMS: Nicotine, Opoids, Cannabis, Caffeine, Alcohol, Marijuana & Screen in bed.

Restless legs: Consider Methyl, iron or other meals.

Scary slide

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Sickness	Mental health Not life shortening	Obesity, DM, CVD, Cancer, dementia, Infection, inflammation... RR 1.2 (20%) all cause mortality if short sleeping!		
Costs	Presenteeism, Mistakes, Violence, Accidents UK £50 b/yr²			
Challenges				

www.Humblesleep.com

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Welcome to

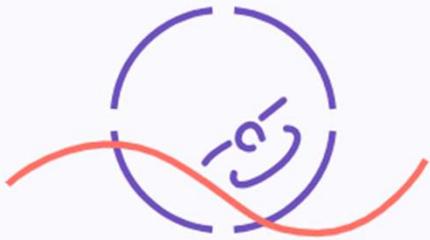
Humble

Health & Performance optimisation

Pioneering health and wellbeing support for individuals and organisations. We help you bring out your best.

Live well, feel alive & do good

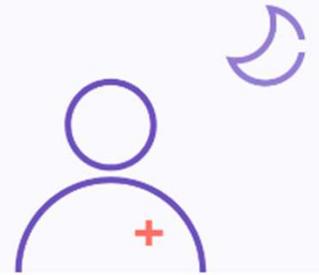
www.Humblesleep.com



Healthy sleep habits



Insomnia support



Survive & thrive on shifts

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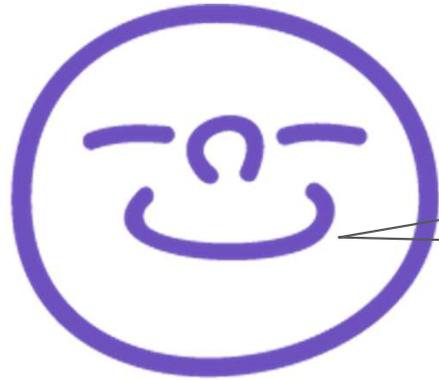
[Humble sleep tips and tracker ↓](#)

“The Humble sleep tool has made it so much easier to help my patients”

Dr J Peters

Here is a free PDF for practitioners

[Sleep tool for practitioners ↓](#)



Thank you

Humble Sleep Tool

www.Humblesleep.com



References

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