

PREVENTT2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES



Lifestyle Coach Training Guide

Get Enough Sleep

Get Enough Sleep

Session Focus

Getting enough sleep can help prevent or delay type 2 diabetes. This module teaches participants how to cope with some challenges of getting enough sleep.

Participant Learning Objectives

By the end of the session, participants will:

- ▶ Explain why sleep matters
- ▶ Identify some challenges of getting enough sleep and ways to cope with them

Materials Checklist

You will need:

- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser

Things to Do

Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it in their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review “Session Focus” on page 2 while they wait for the rest of the group.

After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

Module Outline

Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and Review Page 6 10 Min
- Objectives Page 7 2 Min
- Why Sleep Matters Page 7 10 Min
- How to Cope with Challenges Page 8 28 Min
- Plan for Success Page 11 5 Min
- Summary and Closing Page 12 5 Min

Lifestyle Coach Script

Notes to Coach

Welcome and Review (10 minutes)

- **SAY:** Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC's lifestyle change program.
- Today, we are going to talk about getting enough sleep.
- Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.
- ↗ **DO:** Briefly summarize previous session.
- ➡ **DISCUSS:** Does anyone have any questions for me about what we talked about last time?
- **SAY:** Let's talk about how things went with the action plan you made last time.
- ➡ **DISCUSS:** What went well? What didn't go so well?
- **SAY:** Now let's talk about how things went with the other things you tried at home.
- ➡ **DISCUSS:** What went well? What didn't go so well?

Notes to Coach	Objectives (2 minutes)
	<p>► SAY: Getting enough sleep can help you prevent or delay type 2 diabetes. Today, we will talk about:</p> <ul style="list-style-type: none"> ■ Why sleep matters ■ Some challenges of getting enough sleep and ways to cope with them <p>Finally, you will make a new action plan.</p>
	<h3>Why Sleep Matters (10 minutes)</h3> <p>► SAY: Let's start by talking about why sleep matters. If you don't get enough sleep, you are more likely to:</p> <ul style="list-style-type: none"> ■ Be drowsy during the day ■ Get sick ■ Have high blood pressure ■ Have trouble thinking, paying attention, and getting things done ■ Lose control of your car ■ Be depressed ■ Eat more ■ Have high blood sugar ■ Gain weight

Notes to Coach

Why Sleep Matters

To learn more about type 2 diabetes, see the handouts that go with the *More About T2* module.

► **ASK:** What do you know about eating more, having high blood sugar, and gaining weight?

ANSWER: They make you more likely to get type 2 diabetes.

► **SAY:** Studies show that if you don't get enough sleep, insulin doesn't work as well. Your body doesn't process fat as well. And your brain has trouble knowing when you've had enough to eat.

How to Cope with Challenges (28 minutes)

► **SAY:** We've discussed why sleep matters. Now let's talk about some challenges of getting enough sleep and ways to cope with them.

To be at our best, most adults need at least 7 hours of sleep a night. But few of us get it. We live in a 24/7 society. About 1 in 4 Americans say they sleep poorly.

For people with type 2 diabetes, that fraction is even higher. About 2 in 4 Americans with diabetes say they sleep poorly.

Let's look at an example. Please turn to "Jenny's Story" on page 3 of this module's handouts.

↗ **DO:** Read (or ask a volunteer to read) the story.

➡ **DISCUSS:** How about you? How many of you get less than 7 hours of sleep a night?

Notes to Coach

Challenges and ways to cope include:

I stay up too late getting things done.

- Ask family and friends to help you.

I'm too hot or too cold.

- Dress for the weather.

My bed partner is restless or noisy.

- Ask your partner to sleep on their side or stomach.

There's too much noise.

- Turn on a fan.

There's too much light.

- Wear a sleep mask.

I'm thirsty.

- Have a drink at least two hours before bedtime.

I keep getting up to use the bathroom.

- Avoid caffeine and alcohol.

How to Cope with Challenges

► **SAY:** Now let's talk about some challenges of getting enough sleep.

 **DISCUSS:** What makes it hard for you to get a good night's sleep?

 **DO:** Write the challenges on a flip chart or white board, if you are using one.

► **SAY:** Now, let's brainstorm.

 **DISCUSS:** What are some ways to cope with these challenges?

Notes to Coach

How to Cope with Challenges

Ways to unwind include:

- Breathe deeply.
- Dim the lights.
- Stretch.

► **SAY:** It's a good idea to follow a bedtime routine that helps you wind down. Try to start a couple of hours before bedtime.

 **DISCUSS:** What are some things that might help you unwind?

► **SAY:** Some sleep challenges may be a sign of a health problem. If you have any concerns about your health, please tell your healthcare provider.

Notes to Coach

Plan for Success (5 minutes)

► **SAY:** Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.

Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?

Also keep in mind what we discussed today about getting enough sleep.

As you make your plan, remember to keep it:

- Realistic
- Doable
- Specific
- Flexible

Remember to focus on behaviors. And try to have fun!

↗ **DO:** Give participants a few minutes to make their action plan.

Notes to Coach

Summary and Closing (5 minutes)

► **SAY:** Let's look at "Jenny's Story" on page 3 of this again. Between now and our next session, please write what makes it hard for you to get a good night's sleep.

I'd also like you to complete "How to Cope with Challenges" on pages 4 to 6. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

Please also complete "Ways to Unwind" on page 7. Write what helps you unwind at the end of the day.

↗ **DO:** Answer questions as needed.

► **SAY:** We have come to the end of our meeting. Today, we discussed how getting enough sleep can help you prevent or delay type 2 diabetes. We talked about:

- Why sleep matters
- Some challenges of getting enough sleep and ways to cope with them

➡ **DISCUSS:** Do you have questions about anything we talked about today?

► **SAY:** Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about _____.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.

Meeting adjourned.



Things to try at home:

- Jenny's Story
- How to Cope with Challenges
- Ways to Unwind
- Action Plan