

**San Diego County  
Behavioral Health Services  
Children Youth and Families**

**2020 Performance Improvement Project**

**Three Session Sleep Intervention**



**Kya Barounis, Ph.D.  
Tiffany Lagare, M.P.H.**

**Child and Adolescent Services Research Center**

# Audio



(place mouse over above audio image)

- **Most of the slides in this training have an audio component.**
- **To play the audio, place your mouse over the audio button.**
- **A left arrow (play) should appear, click on the arrow to begin the audio.**

# Today's Presentation

- ▶ History of TSSI
- ▶ Sleep Basics
- ▶ Three Session Sleep Intervention
  - Session 1: Assessment & Psychoeducation
  - Session 2: Sleep Hygiene
  - Session 3: Sleep and Screen Media
- ▶ Assessment Measures
  - Who, What, When
  - Online Entry



# History of TSSI

- ▶ Designed by the Child and Adolescent Services Research Center (CASRC) and San Diego County Behavioral Health Services Administration
- ▶ 2019-2021 Performance Improvement Project



# CYF PIP 2019-2021

- ▶ Goal: To reduce crisis service and inpatient use among adolescents with depression through improvements in outpatient care.
- ▶ Youth with depression are almost twice as likely to use inpatient and crisis stabilization services when compared with all youth served in the CYF system.

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# Why Focus on Sleep?

- ▶ Sleep problems are associated with depression
  - Several longitudinal studies have found that youth who have sleep disturbances are more likely to become depressed than youth who have adequate sleep (Goldstone, et al., 2019).
  - Sleep disturbances may be caused by the same genes that play a role in the intergenerational transmission of depression (Lovato & Gradisar, 2014).
  - It is possible that youth with sleep disturbances develop negative patterns of thinking that eventually lead to clinical depressive episodes (Lovato & Gradisar, 2014).

# Why Focus on Sleep?

- ▶ Sleep problems are associated with suicide
  - Sleep problems may precede suicide attempts (Goldstein, Bridge & Brent, 2008; Wong & Brower, 2012).
  - Research on depressed and suicidal adolescents has found that they have more sleep disturbance (trouble falling asleep, late bedtimes, abnormalities in REM sleep) than non-depressed, non-suicidal adolescents (Boafo et al., 2019).

# Why Focus on Sleep?

The pandemic is impacting sleep!

UC Davis Health / Newsroom / COVID-19 is wrecking our sleep with coronasomnia – ...

NEWS | September 23, 2020

## COVID-19 is wrecking our sleep with coronasomnia – tips to fight back

The coronavirus may be causing a second pandemic of insomnia

**(SACRAMENTO)** — COVID-19 has given us plenty of reasons to lose sleep. Here is another one: Because of the pandemic and the stress, more people than ever are fighting a serious loss of sleep.



Don't wrestle with sleep in the middle

It's being called "coronasomnia." It's very real and very widespread.

"It's a problem everywhere, across all age groups," said [Angela Drake](#), a UC Davis Health clinical professor in the [Department of Psychiatry and Behavioral Sciences](#). She has treated sleep disorders and is trained in managing insomnia without medications.

"Insomnia was a problem before COVID-19," she said. "Now, from what we know anecdotally, the increase is enormous."

Most of the information sleep experts have on coronasomnia is

# Why Focus on Sleep?

Very simple changes in sleep hygiene can make a difference!





# Dimensions of Sleep

- ▶ Quantity
- ▶ Quality
  - Trouble falling asleep
  - Trouble staying asleep
  - Restless sleep
  - Trouble waking up



# Benefits of Sleep

**#SLEEP  
RECHARGES  
YOU**



## **LOOK BETTER**

Sufficient sleep recharges your health, helping you to look your best and maintain a healthy weight.



Photo Credit: American Academy of Sleep Medicine



# Benefits of Sleep



## #SLEEP RECHARGES YOU

### PERFORM BEST

Sleep recharges your energy for peak performance in sports, making you faster, stronger and more accurate.



Photo Credit: American Academy of Sleep Medicine



# Benefits of Sleep

**#SLEEP  
RECHARGES  
YOU**



**LEARN MORE**

Sleep recharges your brain, helping you excel in the classroom by maximizing your attention, memory and learning ability.



Photo Credit: American Academy of Sleep Medicine



# Benefits of Sleep

#SLEEP  
RECHARGES  
YOU



**FEEL GREAT**

Healthy sleep recharges your mood, enabling you to feel your best and have a more optimistic attitude toward life.



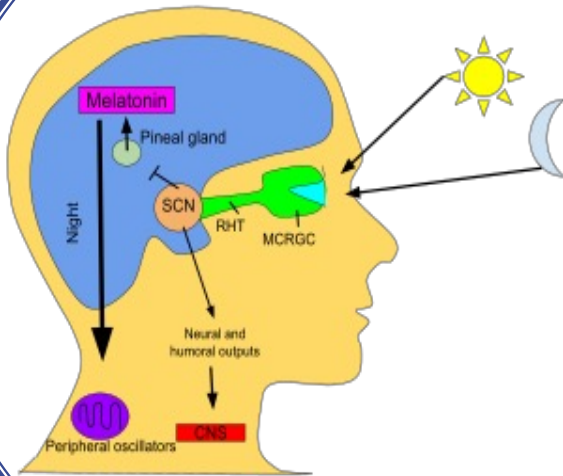
Photo Credit: American Academy of Sleep Medicine



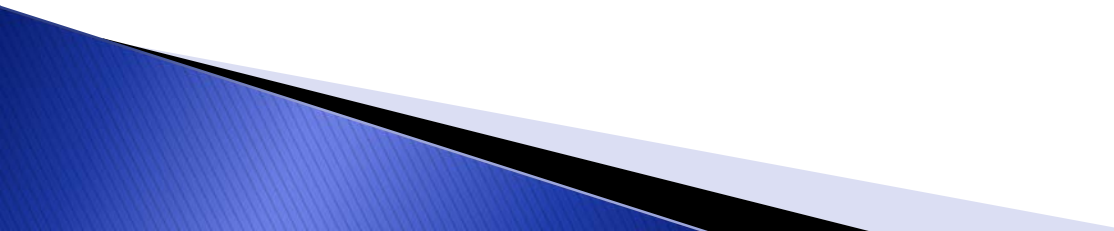
# Consequences of Sleep Deprivation

- ▶ More sleepiness throughout the day
- ▶ More tardiness at school due to oversleeping
- ▶ Poor concentration, slower reaction time, shorter attention span, and less creativity
- ▶ Lower grades in school
- ▶ For teenagers who drive, higher likelihood of getting into car accidents
- ▶ Increased risk for mental health problems like anxiety, depression, and suicidal thoughts/behaviors

# How Much Sleep Does an Individual Need?



# Today's Presentation

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  - ▶ Q& A
- 



# Session 1: Overview

## Session Guide

<b>Target Population</b> <i>All Clients</i>	<b>Session 1:</b> Introduce the topic of sleep Have clients complete PROMIS Sleep Disturbance assessment (pre) Provide psychoeducation about the importance of sleep and the connection between sleep and mental health	<b>Materials:</b> <i>Clinician Script Session 1</i> <i>PROMIS Sleep Disturbance Assessment</i>  <i>Importance of Sleep Handout</i>
<i>Clients with scores of 24 or higher on PROMIS</i>	Homework: youth or caregiver tracks youth sleep for a week with the sleep diary	<i>Harvard Medical School Sleep Diary</i>

# Where do I find the TSSI Materials?

<https://medschool.ucsd.edu/som/psychiatry/research/CASRC/resources/SOCE/Pages/Reports.aspx>



## Three Session Sleep Intervention: Clinical Materials

- **Preparing for Treatment**
  -  [Session Guide \(v.2/2021\)](#)
  -  [TSSI Bookmark Instructions](#)
- **Session 1**
  -  [Clinician Script Session 1 \(v.2/2021\)](#)
  -  [Importance of Sleep Handout \(English, v.2/2021\)](#)
  -  [Importance of Sleep Handout \(Spanish, v.2/2021\)](#)
  -  [Harvard Sleep Diary for Youth \(English\)](#)
  -  [Harvard Sleep Diary for Youth \(Spanish\)](#)
  -  [Harvard Sleep Diary for Caregivers \(English\)](#)
  -  [Harvard Sleep Diary for Caregivers \(Spanish\)](#)
- **Session 3**
  -  [Clinician Script Session 3 \(v.2/2021\)](#)
  - [American Academy of Pediatrics Family Media Plan](#) (links to external site)
    -  [Adapted Family Media Plan, ages 2 - 5 years \(v.2/2021\)](#)
    -  [Adapted Family Media Plan, ages 6 - 12 years \(v.2/2021\)](#)
    -  [Adapted Family Media Plan, ages 13 - 18 years \(v.2/2021\)](#)

# Assessment Measures: Online Entry

PROMIS Sleep Disturbance Assessment Link:

[https://ucsd.co1.qualtrics.com/jfe/form/SV\\_72QSNNmVoXWv9Jz](https://ucsd.co1.qualtrics.com/jfe/form/SV_72QSNNmVoXWv9Jz)

Sleep Hygiene Checklist Link:

[https://ucsd.co1.qualtrics.com/jfe/form/SV\\_3BZQ5BxWoQ4Gmd7](https://ucsd.co1.qualtrics.com/jfe/form/SV_3BZQ5BxWoQ4Gmd7)



# Materials for Session 1: PROMIS

Please respond to each item by choosing one option per question.

In the past SEVEN (7) DAYS....	Not at all	A little bit	Somewhat	Quite a bit	Very much
His/her sleep was restless.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
He/she was satisfied with his/her sleep.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
His/her sleep was refreshing.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
He/she had difficulty falling asleep.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
In the past SEVEN (7) DAYS....	Never	Rarely	Sometimes	Often	Always
He/she had trouble staying asleep.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
He/she had trouble sleeping.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
He/she got enough sleep.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
In the past SEVEN (7) DAYS...	Very Poor	Poor	Fair	Good	Very good
His/her sleep quality was...	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

# Materials for Session 1: PROMIS Sleep Assessment



## **Two Additional Questions\* added by CASRC:**

*In the past seven days, have you taken any medication that impacted your sleep? Y/N*

*Do you have a physical health condition that is currently impacting your sleep? Y/N*

\* If client's sleep problems stem from a medical issue, advise follow-up with client's primary care doctor.

# Materials for Session 1: Handout



## Importance of Sleep for Children and Adolescents

### Benefits of Sleep

- Sleep is a universal and indispensable part of life, and research suggests that it is particularly important for promoting the mental and physical health of children and teenagers.
- Sleep is far more than just a period of inactivity! Sleep serves as a time for people to consolidate learning and memory, bolster their immune system, clear out toxins that accumulate in the brain during the day, and release hormones that help children and adolescents grow, develop, and repair their bodies.
- The American Academy of Pediatrics recommends different amounts of sleep according to age group:

**Infants under 1 year:** 12-16 hours  
**Toddlers 1-2 years old:** 11-14 hours  
**Children 3-5 years old:** 10-13 hours

**Children 6-12 years old:** 9-12 hours  
**Teenagers 13-18 years old:** 8-10 hours

### AAP Sleep Quantity Recommendations by Age Group

### Consequences of Lack of Sleep

- Many research studies have examined the consequences of poor sleep in children and adolescents. Some of the outcomes consistently associated with poor sleep include:
  - More sleepiness throughout the day
  - More tardiness at school due to oversleeping
  - Poor concentration, slower reaction time, shorter attention span, and less creativity
  - Lower grades in school
  - For teenagers who drive, higher likelihood of getting into car accidents
  - Increased risk for mental health problems like anxiety, depression, and suicidal thoughts/behaviors

## Tips for Improving the Quantity and Quality of Your Child's Sleep

### Children 1-5 years old:

- Maintain a daily sleep schedule and consistent bedtime routine.
- Set limits that are consistent, communicated and enforced. Encourage use of a security object such as a blanket or stuffed animal.
- Have a relaxing bedtime routine that ends in the room where the child sleeps.
- Child should sleep in the same sleeping environment every night, in a room that is cool, quiet and dark.

### Children 6-12 years old

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV, computers, and other screens out of the bedroom.
- Engage in a quiet family activity together before bedtime, like reading.
- If child wakes up during the night, walk them back to their room with as little commotion as possible.

### Teenagers 13-18 years old

- Set a regular bedtime and rise time, including on weekends.
- Encourage using bed only for sleeping – not for doing homework or watching movies/TV.
- Consider banning screen time one hour before bedtime and removing screens/phones from the bedroom.
- Encourage exercise and discourage napping during the day.
- Considering banning caffeinated drinks or limiting consumption to morning only.
- Encourage quiet, relaxing, non-screen activities before bedtime, like reading or taking a shower/bath.

### Sleep Hygiene Tips by Age Group



# Materials for Session 1: Homework

## My Child's Sleep Diary

*Adapted from the My Sleep Diary (<http://needsleep.med.harvard.edu>) created by the Division of Sleep Medicine at Harvard Medical School and produced in partnership with WGBH Educational Foundation.*

Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please complete the Sleep Diary on behalf of your child on a daily basis for one week. It will provide an overview of your child's sleep schedule that we can use to improve your child's sleep. Use it only as a guideline and spend no more than 30 seconds filling it out in the morning.

[illegible]

# Materials for Session 1: Optional Script



## Sleep Hygiene Script for Clinicians to use with Clients: Session 1

Today I want to talk with you about sleep. Sleep is more important for our physical and mental health than many people realize.

There are a lot of things that can make it hard to sleep. The COVID-19 pandemic is a new one that is affecting a lot of us. For instance, some kids say that the stress of daily life right now can make it really hard to go to sleep and stay asleep.

- Have you noticed any changes to your sleep patterns since the pandemic started?
- Is it ok if I ask you a few questions about your sleep patterns?
  - (If Yes, use PROMIS)

*Summarize client's response to assessment questions.*

*Show client the "Importance of Sleep" handout and summarize some of the benefits of sleep/consequences of poor sleep.*

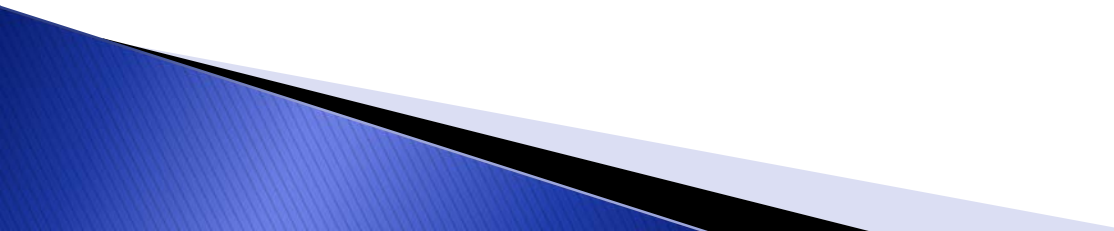
*If they are getting less than the recommended amount of sleep (see handout) let them know how much sleep is recommended for their age group.*

On a scale of one to 10 how motivated are you to change your sleep habits (1=not at all; 10 = Very Motivated!)?

Why did you choose a X?

*Ask client to keep track of sleep for a week with the sleep diary.*

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# What is Sleep Hygiene?

- ▶ Routines or habits that influence the amount or quality of an individual's sleep

# Good Sleep Hygiene?

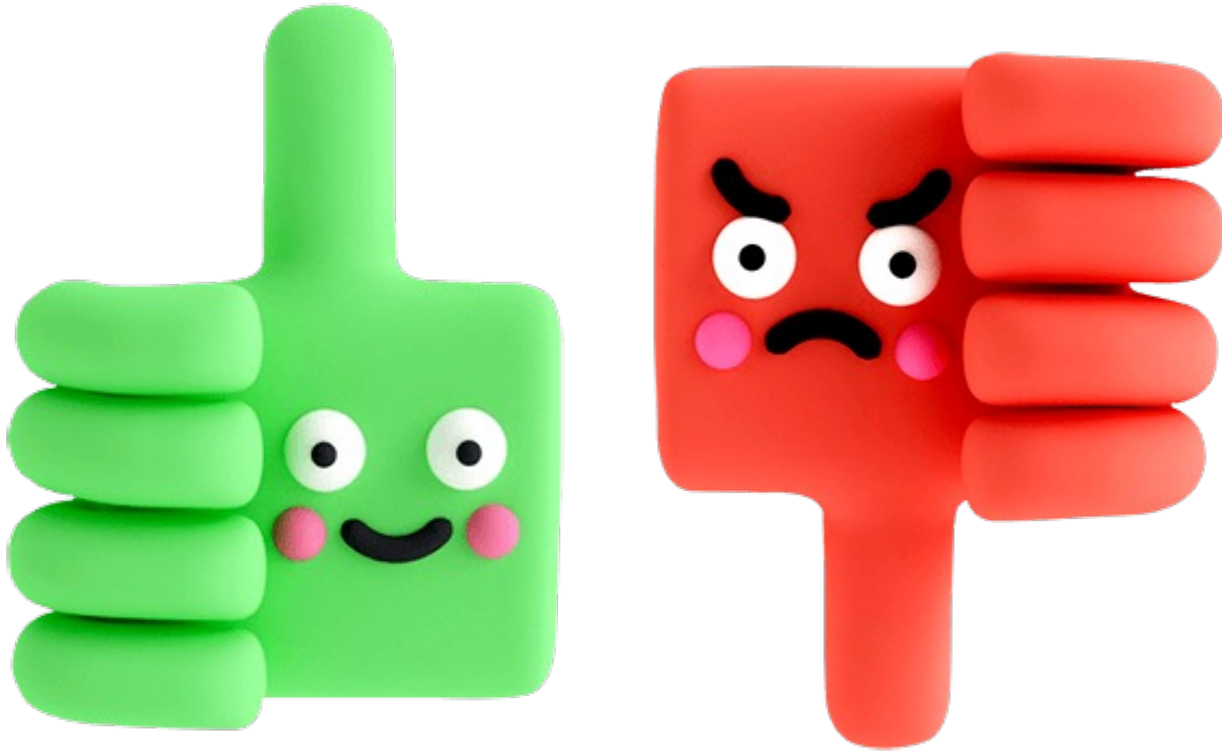




Photo Credit: Pinterest.com









Photo Credit: CDC.gov



Photo Credit: CDC.gov



Photo Credit: [momlovesbest.com](http://momlovesbest.com)



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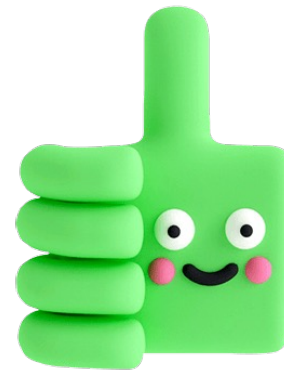


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# Session 2: Sleep Hygiene

*Clients with scores of 24  
or higher on PROMIS*

## **Session 2:**

Review sleep diary with youth

*Harvard Medical School Sleep  
Diary*

Discuss sleep hygiene

Have youth and/or caregiver  
complete Sleep Hygiene Checklist

*Sleep Hygiene Checklist*

# Session 2: Materials



## Sleep Hygiene Checklist:

There are many different actions you can take to improve your sleep hygiene. You may be doing some of these actions already! Please mark what actions you currently take. Then choose at least two new actions you would like to try this week.

I already:	I would like to try:
<input type="checkbox"/> Exercise at least 20-30 minutes each day	<input type="checkbox"/> Exercise at least 20-30 minutes each day
<input type="checkbox"/> Avoid exercising in the three hours before bed	<input type="checkbox"/> Avoid exercising in the three hours before bed
<input type="checkbox"/> Avoid naps	<input type="checkbox"/> Avoid naps
<input type="checkbox"/> Go to bed and wake up at the same time each day including weekends	<input type="checkbox"/> Go to bed and wake up at the same time each day including weekends
Keep my bedroom:	Keep my bedroom:
<input type="checkbox"/> Dark	<input type="checkbox"/> Dark
<input type="checkbox"/> Cool	<input type="checkbox"/> Cool
<input type="checkbox"/> Quiet	<input type="checkbox"/> Quiet
<input type="checkbox"/> Get sunshine in the morning	<input type="checkbox"/> Get sunshine in the morning
<input type="checkbox"/> Charge my devices outside my bedroom	<input type="checkbox"/> Charge my devices outside my bedroom
<input type="checkbox"/> Use my devices outside my bedroom	<input type="checkbox"/> Use my devices outside my bedroom
<input type="checkbox"/> Use my bed only for sleeping	<input type="checkbox"/> Use my bed only for sleeping
<input type="checkbox"/> Stop using devices and watching TV at least one hour before I go to bed	<input type="checkbox"/> Stop using devices and watching TV at least one hour before I go to bed
<input type="checkbox"/> Avoid caffeine in the afternoon and evening	<input type="checkbox"/> Avoid caffeine in the afternoon and evening
<input type="checkbox"/> Do relaxing non-screen activities before bed such as reading, taking a shower/bath, listening to or playing music	<input type="checkbox"/> Do relaxing non-screen activities before bed such as reading, taking a shower/bath, listening to or playing music
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

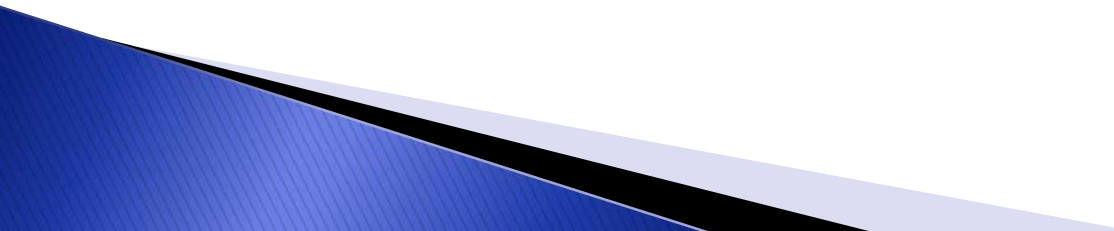
Try to do the new actions each day for one week. How did it go?

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# Session 3: Sleep and Screen Media

## **Session 3:**

*Clients with scores of 24  
or higher on PROMIS*

Review Sleep Hygiene Checklist

*Sleep Hygiene Checklist*

Have a more in-depth discussion  
about the connection between  
screen media use and poor sleep  
Homework: youth and caregiver  
complete the family media plan

*Clinician Script Session 3*

*Family Media Plan*

*All Clients*

## **Discharge Session:**

Do PROMIS Sleep Disturbance  
assessment (post)

*PROMIS Sleep Disturbance  
Assessment*



# Session 3:

## Sleep Script for Clinicians: Session 3

One factor that affects many teens sleep is media use. *What* you are watching or doing online can make it hard for you to sleep, especially if it makes you excited, anxious, or sad.

- Can you tell me about the types of media you use (TV shows, social media, websites...)?
- How do you feel after using these?
- Do you and your caregiver ever have arguments about the types of media you use? How often?

Additionally, *when* you watch TV or are online can make it hard for you to sleep no matter what you are doing! The light and noise from the screen can disrupt your sleep! Having at least one hour screen-free time before bedtime is important for healthy sleep, and healthy sleep can make a big positive difference to your mental health.

- When do you spend time watching TV or online (*insert what client says they do most*)? What time do you stop for the night?
- Do you and your caregiver ever argue about when you use media? How often?

Would it help you sleep better if you stop screen media use earlier in the evening?

Sometimes it helps reduce conflict when youth and caregivers agree on a set of rules surrounding media use. Would you be interested in looking at a family media plan together?

*If yes, show them family media plan*



# Session 3:

## Sleep and Screen Media

### *American Academy of Pediatrics: Family Media Plan*

- ▶ Two Possibilities:
  1. Version from the AAP website:
    - Available in English and Spanish
    - Covers more content
  2. Adapted version
    - Currently only available in English
    - Less content



# Session 3: Sleep and Screen Media










## Three Session Sleep Intervention: Clinical Materials





- **Preparing for Treatment**

-  [Session Guide \(v.2/2021\)](#)
-  [TSSI Bookmark Instructions](#)

- **Session 1**

-  [Clinician Script Session 1 \(v.2/2021\)](#)
-  [Importance of Sleep Handout \(English, v.2/2021\)](#)
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  -  [Adapted Family Media Plan, ages 6 - 12 years \(v.2/2021\)](#)
  -  [Adapted Family Media Plan, ages 13 - 18 years \(v.2/2021\)](#)

# Session 3:

## Sleep and Screen Media



- ▶ Screen Free Zones
- ▶ Screen Free Times
- ▶ Device Curfews
- ▶ How to Spend Recreational Screen Time
- ▶ Balancing Online and Offline Time
- ▶ Manners
- ▶ Digital Citizenship
- ▶ Safety Online
- ▶ Sleep and Exercise

**I Agree** ☐



# Session 3:

## Sleep and Screen Media

### **FAMILY MEDIA PLAN (13-18 years)**

**Adapted from:** American Academy of Pediatrics (Copyright © 2016) - Council on Communications and Media  
**Original authors:** Corinn Cross, MD, FAAP; Megan A. Moreno, MD, MEd, MPH, FAAP; Yolanda (Linda) Reid Chassiakos, MD, FAAP; Jenny Radesky, MD, FAAP; Dimitri Christakis, MD, MPH, FAAP

## **SCREEN FREE ZONES**

---

Having areas of your home remain screen-free is important. Select from the list below and add them to your Family Media Plan to make sure your children understand where screens are not allowed. Add any other screen free areas that are specific to your family.

**Mobile devices and TVs are not allowed in the following screen-free zones in our home:**

- ☐ Bedroom
- ☐ Kitchen or dining room table
- ☐ Other: \_\_\_\_\_

# Session 3:

## Sleep and Screen Media

### SCREEN FREE TIMES

---

**We will not use mobile devices or other screens during the following times:**

- |  |  |
|--|--|
| <input type="checkbox"/> While walking across the street         | <input type="checkbox"/> Meal times          |
| <input type="checkbox"/> While doing homework                    | <input type="checkbox"/> One hour before bed |
| <input type="checkbox"/> While at school                         | <input type="checkbox"/> While driving       |
| <input type="checkbox"/> While in the car, except for long trips | <input type="checkbox"/> Other: _____        |
| <input type="checkbox"/> Family time                             |  |

**DEVICES CURFEW:**

\_\_\_\_\_ pm

**Devices will charge overnight in:**

- |   |
|---|
| <input type="checkbox"/> Parent's bedroom |
| <input type="checkbox"/> Kitchen          |
| <input type="checkbox"/> Other: _____     |

# Session 3:

## Sleep and Screen Media

**I will be a good digital citizen by:**

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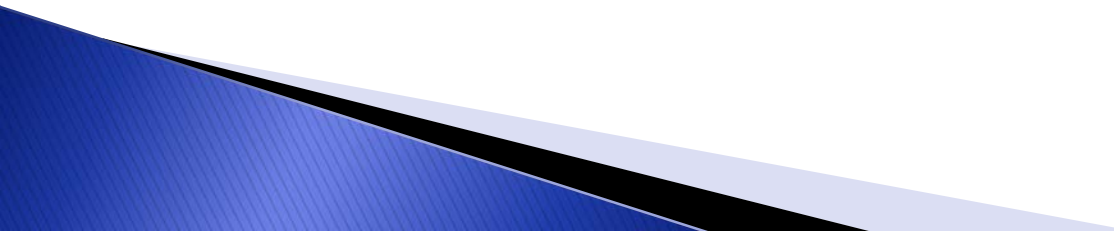
- ☐ Respecting the privacy of others
  - I will never forward a text or photo without asking permission
- ☐ Not being rude or bullying anyone online
- ☐ Sticking up for others online
- ☐ Telling a parent or other trusted adult if I or others are being bullied, disrespected, attacked or treated badly online
- ☐ Telling a parent or other trusted adult if I get messages or photos that make me uncomfortable
- ☐ Telling a parent or other trusted adult if someone posts comments about hurting themselves or someone else.

# Session 3:

## Sleep and Screen Media

**I will get enough sleep & exercise by doing the following:**

---

- ☐ Get 8-10 hours of sleep
  - ☐ Avoid napping
  - ☐ Go to bed and wake up at approximately the same time each day including weekends
  - ☐ Avoid caffeine in the afternoon or evening
  - ☐ Keep the bedroom cool, dark, and quiet
  - ☐ Exercise at least 1 hour each day
  - ☐ Stop using screens (computer, phone, tablet, TV...) one hour before I go to bed
- 

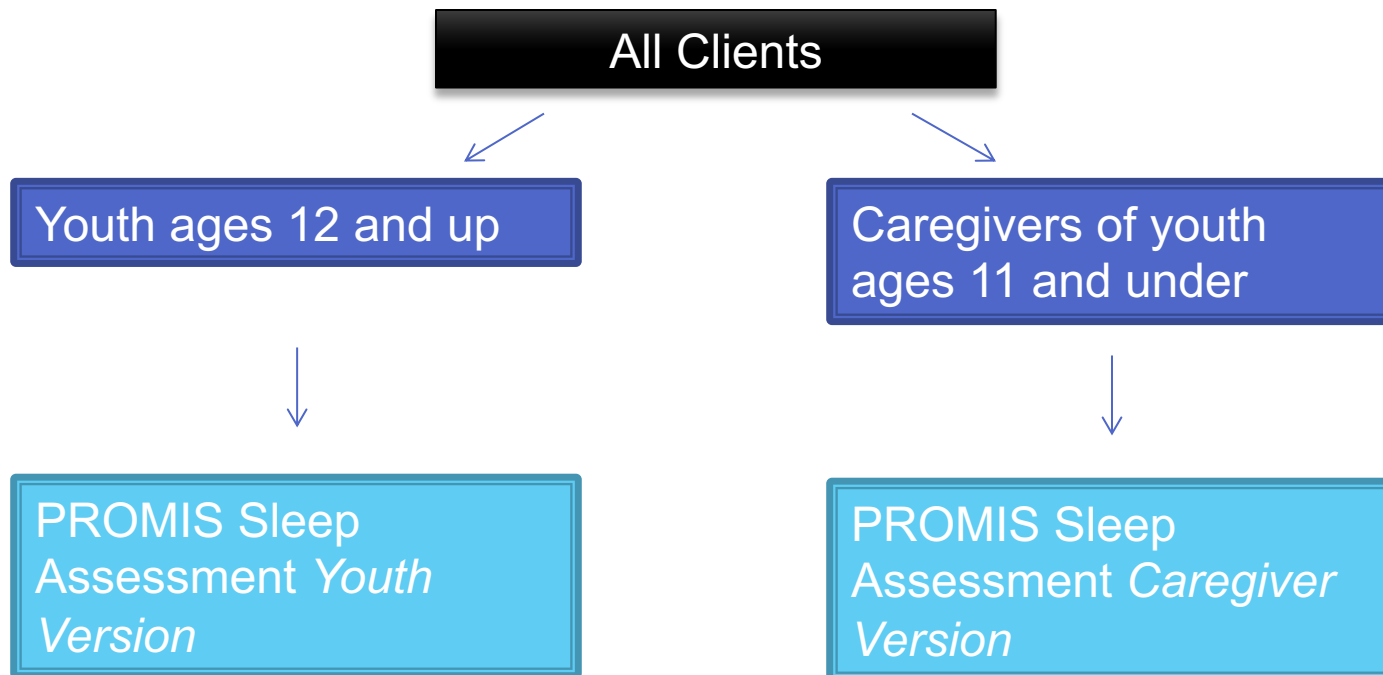
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- ▶ Q& A



# Assessment Measures: Who, What, When

## Session 1





# Assessment Measures: Who, What, When

## Session 2

Clients who have a score of 24 or higher on the PROMIS Sleep measure

Youth ages 12 and up

Sleep Hygiene  
Checklist: *Youth Version*

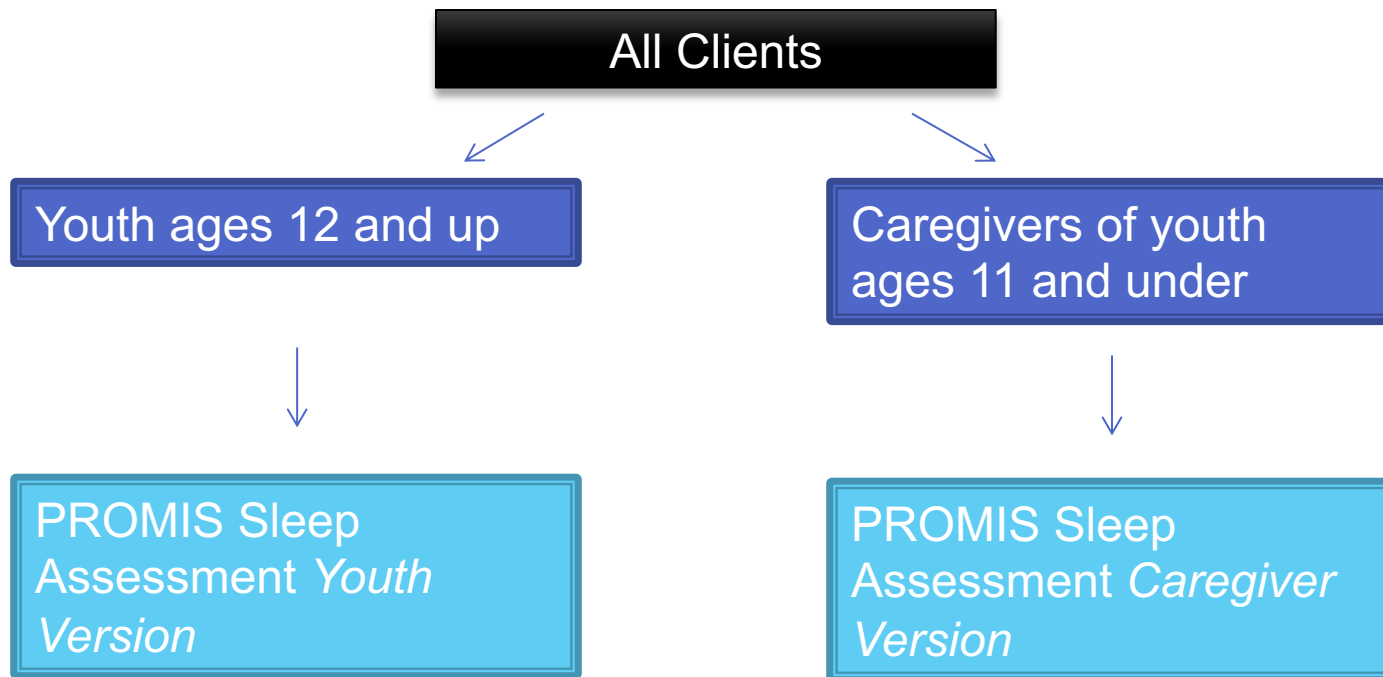
Caregivers of youth  
ages 11 and under

Sleep Hygiene  
Checklist: *Caregiver  
Version*

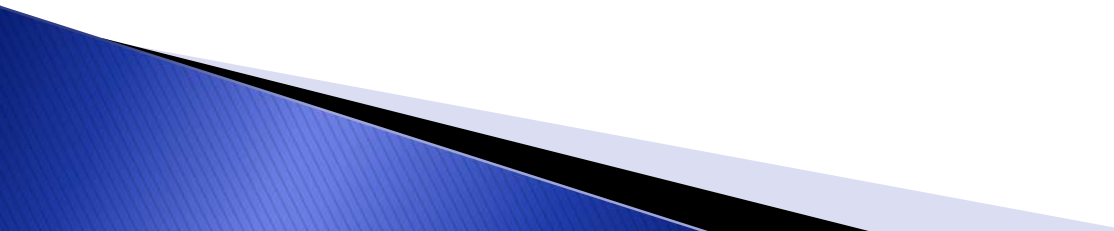


# Assessment Measures: Who, What, When

## Discharge



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- 



# Where do I find the TSSI Materials?

<https://medschool.ucsd.edu/som/psychiatry/research/CASRC/resources/SOCE/Pages/Reports.aspx>



## Three Session Sleep Intervention: Clinical Materials

- **Preparing for Treatment**
  -  [Session Guide \(v.2/2021\)](#)
  -  [TSSI Bookmark Instructions](#)
- **Session 1**
  -  [Clinician Script Session 1 \(v.2/2021\)](#)
  -  [Importance of Sleep Handout \(English, v.2/2021\)](#)
  -  [Importance of Sleep Handout \(Spanish, v.2/2021\)](#)
  -  [Harvard Sleep Diary for Youth \(English\)](#)
  -  [Harvard Sleep Diary for Youth \(Spanish\)](#)
  -  [Harvard Sleep Diary for Caregivers \(English\)](#)
  -  [Harvard Sleep Diary for Caregivers \(Spanish\)](#)
- **Session 3**
  -  [Clinician Script Session 3 \(v.2/2021\)](#)
  - [American Academy of Pediatrics Family Media Plan](#) (links to external site)
    -  [Adapted Family Media Plan, ages 2 - 5 years \(v.2/2021\)](#)
    -  [Adapted Family Media Plan, ages 6 - 12 years \(v.2/2021\)](#)
    -  [Adapted Family Media Plan, ages 13 - 18 years \(v.2/2021\)](#)



# Assessment Measures: Online Entry

PROMIS Sleep Disturbance Assessment Link:

[https://ucsd.co1.qualtrics.com/jfe/form/SV\\_72QSNNmVoXWv9Jz](https://ucsd.co1.qualtrics.com/jfe/form/SV_72QSNNmVoXWv9Jz)

Sleep Hygiene Checklist Link:

[https://ucsd.co1.qualtrics.com/jfe/form/SV\\_3BZQ5BxWoQ4Gmd7](https://ucsd.co1.qualtrics.com/jfe/form/SV_3BZQ5BxWoQ4Gmd7)



# Online Entry

Survey Software | Qualtrics

ucsd.co1.qualtrics.com/jfe/form/SV\_72QSNNmVoXWv9Jz



Frontiers | A Cross-... Providing Suicide C... Combine PDF - Onl... Sign in to Outlook UC Resources & Report... https://caleqro.com... Sleep Hygiene Surv... PROMIS Sleep

## UC San Diego Health

English

### PROMIS Sleep Disturbance Assessment (Short Form)

Please enter the Cerner Client ID Number (9-digits):

Enter the client's date of birth: (MM/DD/YYYY)

Please enter today's date: (MM/DD/YYYY)

Please enter therapist's ID:

# Online Entry

vey Software | Qualtrics x +

ucsd.co1.qualtrics.com/jfe/form/SV\_72QSNNmVoXWv9Jz

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Please enter therapist's ID:

Please enter the subunit number (4-digits):

Are you completing this survey for the:

☐ Initial Assessment

☐ Follow-Up Assessment

Are you:

☐ A parent

☐ A youth

0% 100%



# Online Entry:

The questions below ask about the quality of your child's sleep in the past week.

In the past SEVEN (7) DAYS ...

	Not at all	A little bit	Somewhat	Quite a bit	Very much
His/her sleep was restless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she was satisfied with his/her sleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
His/her sleep was refreshing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she had difficulty falling asleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

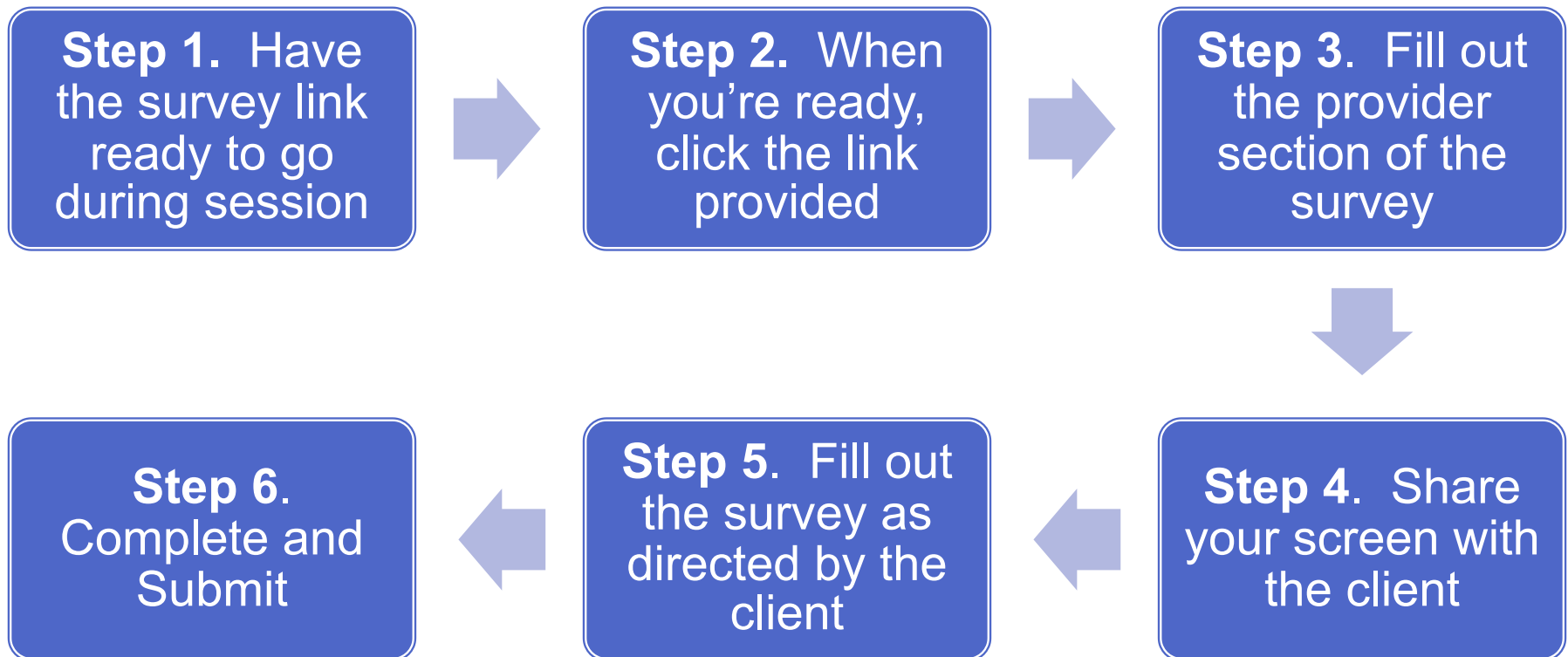
The questions below ask about the quality of your child's sleep in the past week.

In the past SEVEN (7) DAYS ...

	Never	Rarely	Sometimes	Often	Always
He/she had trouble staying asleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she had trouble sleeping.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
He/she got enough sleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Assessment Measures: Online Entry



## Session Guide



Target Population	Session 1:	Materials:
<i>All Clients</i>	<p>Introduce the topic of sleep</p> <p>Have clients complete PROMIS Sleep Disturbance assessment (pre)</p> <p>Provide psychoeducation about the importance of sleep and the connection between sleep and mental health</p>	<p><i>Clinician Script Session 1</i></p> <p><i>PROMIS Sleep Disturbance Assessment</i></p> <p><i>Importance of Sleep Handout</i></p>
<i>Clients with scores of 24 or higher on PROMIS</i>	<p>Homework: youth or caregiver tracks youth sleep for a week with the sleep diary</p>	<p><i>Harvard Medical School Sleep Diary</i></p>
<i>Clients with scores of 24 or higher on PROMIS</i>	<p><b>Session 2:</b></p> <p>Review sleep diary with youth</p> <p>Discuss sleep hygiene</p> <p>Have youth and/or caregiver complete Sleep Hygiene Checklist</p>	<p><i>Harvard Medical School Sleep Diary</i></p> <p><i>Sleep Hygiene Checklist</i></p>
<i>Clients with scores of 24 or higher on PROMIS</i>	<p><b>Session 3:</b></p> <p>Review Sleep Hygiene Checklist</p> <p>Have a more in-depth discussion about the connection between screen media use and poor sleep</p> <p>Homework: youth and caregiver complete the family media plan</p>	<p><i>Sleep Hygiene Checklist</i></p> <p><i>Clinician Script Session 3</i></p> <p><i>Family Media Plan</i></p>
<i>All Clients</i>	<p><b>Discharge Session:</b></p> <p>Do PROMIS Sleep Disturbance assessment (post)</p>	<p><i>PROMIS Sleep Disturbance Assessment</i></p>

# Contact Information

- ▶ Kya Barounis: [kfawleyking@health.ucsd.edu](mailto:kfawleyking@health.ucsd.edu)
- ▶ Tiffany Lagare: [tlagare@health.ucsd.edu](mailto:tlagare@health.ucsd.edu)



# **Are you still awake?**



## **Thank you for your participation!**

Photo Credit: Guardian Nigeria