

SLEEPING BETTER AS A CAREGIVER: TAKING CARE OF YOUR OWN SLEEP

A training program for family caregivers whose sleep is disrupted by their caregiving role

Reclaim restorative sleep to support your loved one over the long term without collapsing

Duration : 2 hours	Modules : 4 modules
Lessons : 16 lessons	Audience : Family caregivers experiencing sleep disruption
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This 2-hour training is aimed at family caregivers whose sleep is disrupted by their role as a supporter. Interrupted nights, hypervigilance, inability to disconnect, anxious awakenings: caregivers are among those most affected by sleep disorders. Yet, a poorly rested caregiver is less effective, more irritable, and more vulnerable to burnout and mistakes. This training places the caregiver at the center — so they can understand what disturbs their sleep, regain restorative nights, and be able to provide support over the long term without collapsing.

Module summary

MODULE 1	Understanding why the caregiver sleeps poorly	4 lessons
MODULE 2	Finding restorative sleep	4 lessons
MODULE 3	Organizing nights to get through them better	4 lessons
MODULE 4	Finding support and resources	4 lessons

Learning objectives

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- Understand the mechanisms of sleep disruption specific to caregivers and identify your personal obstacles
- Learn practical strategies to improve sleep quality despite constraints
- Organize nighttime care to reduce interruptions and protect your rest
- Identify available resources and build a personalized sleep improvement plan

General information

Duration	2 hours
Target audience	Family caregivers experiencing sleep difficulties due to their caregiving role
Prerequisites	None
Price	On quote - VAT not applicable (article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Certificate of completion
Organization	DYNSEO - Registration number: 11757351875

Lesson 1 - The mechanisms of disrupted sleep in caregivers

- Nighttime hypervigilance: the brain that stays alert even when it should be sleeping
- Chronic stress and its direct impact on sleep quality
- Anticipatory anxiety: being unable to fall asleep for fear of what might happen
- Cumulative sleep debt: short-term and long-term effects on health

Lesson 2 - Situations that most disrupt the caregiver's sleep

- Repeated nighttime awakenings by your loved one: impact on your sleep architecture
- The inability to disconnect: ruminations, mental planning at bedtime
- The feeling of guilt when you try to sleep
- The uncertainty about the future: underlying anxiety that intensifies at night

Lesson 3 - What Sleep Deprivation Does to the Caregiver

- Cognition: impaired memory, concentration, decision-making
- Emotions: irritability, sensitivity, disproportionate reactions
- Physical health: immunity, cardiovascular risk, amplified pain
- Safety: risk of errors in support, risk of accidents

Lesson 4 - Evaluate your own sleep

- Sleep self-assessment tools: simple questionnaires
- Distinguishing between situational insomnia and established chronic insomnia
- Signals that indicate you need medical help
- Keeping a sleep diary: observation and awareness

Lesson 1 - Sleep hygiene for the caregiver — adapting the rules to your reality

- The regularity of schedules even with interrupted nights: what is possible
- Your sleep environment: optimizing it even in a constrained situation
- Separate room from your loved one if necessary: a survival decision, not abandonment
- Bedtime rituals to disconnect from the caregiver role

Lesson 2 - Managing hypervigilance and nighttime ruminations

- The evening list technique: emptying your mind before going to bed
- The worry window: setting aside time to worry, not at night
- Mindfulness applied to sleep: bringing attention back to the present moment
- Nocturnal catastrophic thoughts: identifying and interrupting them

Lesson 3 - The strategic nap for the caregiver

- The short nap (20 minutes): the best recovery tool for the caregiver
- When to nap, how to fall asleep quickly, how to wake up alert
- The long nap: benefits in case of severe sleep debt, risks for nighttime sleep
- Integrating napping into your organization without guilt

Lesson 4 - Relaxation and relaxation at the service of your sleep

- Progressive muscle relaxation: a 10-minute technique to fall asleep
- Heart coherence: 5 minutes before bedtime, proven effectiveness
- Yoga nidra and guided meditation for falling asleep
- Recommended sleep apps for caregivers

Lesson 1 - Reorganize nights to reduce interruptions

- Evaluate which interruptions are truly necessary and which are not
- Monitoring systems that allow for sleep without being physically present
- Define a night protocol: what justifies getting up, what can wait

- Communicate this protocol to other family members or professionals

Lesson 2 - Setting up night support services

- Identify who in the surroundings can provide care during certain nights
- Night professionals: care assistants, night guards, HAD — funding and organization
- The alternation of nights among caregivers when possible
- The temporary accommodation of your loved one to recover several consecutive nights

Lesson 3 - Managing crisis nights without collapsing

- The night crisis protocol: what you do, in what order, who you call
- Staying calm when you are exhausted: emergency regulation techniques
- Recovering after a very difficult night: what really helps
- Recognizing when you have reached your absolute limits: warning signals

Lesson 4 - Protecting Your Sleep in the Long Term

- The caregiver's sleep is an investment in the quality of support
- Plan regular recovery nights: do not wait for exhaustion
- Anticipate difficult periods: hospitalizations, flare-ups, changes
- Your sleep in five years: think long-term starting now

MODULE 4

Finding support and resources

4 lessons

Lesson 1 - Talking about your sleep difficulties

- Talk to your primary care physician: how to approach the subject without minimizing
- Cognitive-behavioral therapies for insomnia (CBT-I): effective, reimbursed
- Psychological support: the link between sleep and the mental health of the caregiver
- Do not wait for insomnia to become severe to seek consultation

Lesson 2 - Specific resources for caregivers

- Listening and support platforms for caregivers: numbers, availability
- Support groups for caregivers sharing nighttime difficulties
- Training and online resources on caregiver sleep
- Caregiver associations and their support programs

Lesson 3 - Your overall health is linked to your sleep

- Sleep as a pillar of your physical and mental health as a caregiver
- The annual health check-up for caregivers: do not forget it or cancel it
- Prevent total burnout through simple actions on sleep
- Taking care of yourself is not selfish: it is what allows you to endure

Lesson 4 - Build your personalized sleep plan

- Identify your three main sleep obstacles
- Choose two or three strategies suitable for your specific situation
- Plan gradual changes: do not change everything at once
- Evaluate in 30 days: what has changed, what needs adjustment

Teaching methods

- Self-paced online training accessible 24/7
- Video lessons, practical exercises, and downloadable resources
- Sleep diary templates and self-assessment questionnaires
- Certificate of completion provided at the end of training