

Supplemental Material S2. TRTT standard of care handouts.

Sleep Tips from Mayo Clinic

1. **Go to bed and get up at about the same time every day, even on the weekends.** Sticking to a schedule reinforces your body's sleep-wake cycle and helps you fall asleep more easily.
2. **Don't eat or drink large amounts before bedtime.** Eat a light dinner at least two hours before sleeping. If you're prone to heartburn, avoid spicy or fatty foods, which can make your heartburn flare and prevent a restful sleep. Also, limit how much you drink before bed. Too much liquid can cause you to wake up repeatedly during the night for trips to the toilet.
3. **Avoid nicotine, caffeine and alcohol in the evening.** These stimulants can keep you awake. Smokers often experience withdrawal symptoms at night, and smoking in bed is dangerous. Avoid caffeine for eight hours before your planned bedtime. Your body doesn't store caffeine, but it takes many hours to eliminate the stimulant and its effects. And although often believed to be a sedative, alcohol actually disrupts sleep.
4. **Exercise regularly.** Regular physical activity, especially aerobic exercise, can help you fall asleep faster and make your sleep more restful. However, for some people, exercising right before bed may make getting to sleep more difficult.
5. **Make your bedroom cool, dark, quiet and comfortable.** Create a room that's ideal for sleeping. Adjust the lighting, temperature, humidity and noise level to your preferences. Use blackout curtains, eye covers, earplugs, extra blankets, a fan or white-noise generator, a humidifier or other devices to create an environment that suits your needs.
6. **Sleep primarily at night.** Daytime naps may steal hours from nighttime slumber. Limit daytime sleep to about a half-hour and make it during mid-afternoon. If you work nights, keep your window coverings closed so that sunlight, which adjusts the body's internal clock, doesn't interrupt your sleep. If you have a day job and sleep at night, but still have trouble waking up, leave the window coverings open and let the sunlight help awaken you.
7. **Choose a comfortable mattress and pillow.** Features of a good bed are subjective and differ for each person. But make sure you have a bed that's comfortable. If you share your bed, make sure there's enough room for two. Children and pets are often disruptive, so you may need to set limits on how often they sleep in bed with you.
8. **Start a relaxing bedtime routine.** Do the same things each night to tell your body it's time to wind down. This may include taking a warm bath or shower, reading a book, or listening to soothing music. Relaxing activities done with lowered lights can help ease the transition between wakefulness and sleepiness.
9. **Go to bed when you're tired and turn out the lights.** If you don't fall asleep within 15 to 20 minutes, get up and do something else. Go back to bed when you're tired. Don't agonize over falling asleep. The stress will only prevent sleep.
10. **Use sleeping pills only as a last resort.** Check with your doctor before taking any sleep medications. He or she can make sure the pills won't interact with your other medications or with an existing medical condition. Your doctor can also help you determine the best dosage. If you do take a sleep medication, reduce the dosage gradually when you want to quit, and never mix alcohol and sleeping pills. If you feel sleepy or dizzy during the day, talk to your doctor about changing the dosage or discontinuing the pills.

Relaxation Tips from helpguide.org

1. Deep breathing is a simple, yet powerful, relaxation technique. It's easy to learn, can be practiced almost anywhere, and provides a quick way to get your stress levels in check. All you really need is a few minutes and a place to stretch out.

The key to deep breathing is to breathe deeply from the abdomen, getting as much fresh air as possible in your lungs. When you take deep breaths from the abdomen, rather than shallow breaths from your upper chest, you inhale more oxygen. The more oxygen you get, the less tense, short of breath, and anxious you feel. So the next time you feel stressed, take a minute to slow down and breathe deeply:

- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

If you have a hard time breathing from your abdomen while sitting up, try lying on the floor. Put a small book on your stomach, and try to breathe so that the book rises as you inhale and falls as you exhale.

2. Progressive muscle relaxation is another effective and widely used strategy for stress relief. It involves a two-step process in which you systematically tense and relax different muscle groups in the body.

With regular practice, progressive muscle relaxation gives you an intimate familiarity with what tension—as well as complete relaxation—feels like in different parts of the body. This awareness helps you spot and counteract the first signs of the muscular tension that accompanies stress. And as your body relaxes, so will your mind. You can combine deep breathing with progressive muscle relaxation for an additional level of relief from stress. Most progressive muscle relaxation practitioners start at the feet and work their way up to the face.

- Loosen your clothing, take off your shoes, and get comfortable.
- Take a few minutes to relax, breathing in and out in slow, deep breaths.
- When you're relaxed and ready to start, shift your attention to your right foot. Take a moment to focus on the way it feels. Slowly tense the muscles in your right foot, squeezing as tightly as you can. Hold for a count of 10.
- Relax your right foot. Focus on the tension flowing away and the way your foot feels as it becomes limp and loose.
- Stay in this relaxed state for a moment, breathing deeply and slowly.
- When you're ready, shift your attention to your left foot. Follow the same sequence of muscle tension and release.
- Move slowly up through your body — legs, abdomen, back, neck, face — contracting and relaxing the muscle groups as you go.

Concentration Tips from the University of Cambridge

Concentration has been defined as "the ability to direct one's thinking in whatever direction one would intend". We all have the ability to concentrate some of the time. But at other times our thoughts are scattered, and our minds race from one thing to another. To deal with such times, we need to learn and practice concentration skills and strategies. To concentrate, we have to learn a skill, and as with any skill this means practice repeated day after day until we achieve enough improvement to feel that we can concentrate when we need to. Our ability to concentrate depends on:

- commitment
- enthusiasm for the task
- skill at doing the task
- our emotional and physical state
- our psychological state
- our environment

Expanding your concentration span

People sometimes refer to a "concentration span": this is the time we can concentrate on a specific task before our thoughts wander. In learning concentration skills, we aim to extend our concentration span - bearing in mind that we will have a different span for different tasks. It cannot be expanded to infinity! Most people find their level for most tasks to be about an hour, but for some people and some tasks it will just be a few minutes, while for others it might be two or three hours.

The main barriers to concentrating are boredom, anxiety and day-dreaming. Thus in improving our concentration skills we need to counteract these barriers. The following skills are basic to concentration: if you want to improve your concentration, start by practicing them.

1. STOP!!!

This sounds very simple, but it works. When you notice your thoughts wandering, say to yourself STOP and then gently bring your attention back to where you want it to be. Each time it wanders bring it back. To begin with, this could be several times a minute. But each time, say STOP and then re-focus. Don't waste energy trying to keep thoughts out of your mind (forbidden thoughts attract like a magnet!), just put the effort into STOP and re-focus. To begin with you will do this hundreds of times a week. But you will find that the period of time between your straying thoughts gets a little longer each day, so be patient and keep at it.

2. Attending

This is about maintaining concentration and not giving in to distractions. It could be described as a sort of tunnel-vision, or as being focused: you keep your concentration on what is in front of you. If you are distracted, use the STOP technique to regain concentration. You can practice attending in many situations:

- In a lecture, if people move or cough, ignore them, don't look at them, actively exclude them from the link or tunnel formed between you and the lecturer.
- In a social situation, keep your attention solely on one person - what they say, how they look etc. - and ignore what is going on round about.

3. Worry time

Set aside one or more specific periods in the day when you are allowed to worry. It can help to set them just before something that you know you will do, to ensure that you stop worrying on time - e.g. before a favorite TV program, or a meal-time. Whenever an anxiety or distracting thought enters your mind during the day, banish it until your next worry time, and re-focus on what you are supposed to be doing. Some people find it helpful to write down the banished thought: it is easier to banish a thought if you are sure you won't have forgotten it when you get to your worry time. It is important that you keep your worry time(s), and make yourself worry for the full time. If you find that you can't fill the time available, then make a conscious decision to reduce it. You may notice, particularly if you keep a list, that certain things keep reappearing: this is a fairly clear indication that you need to do something about them.

Other Tips:

- In between periods of concentration, do things to change your physical and mental activity. You could move around or go for a quick walk to boost your circulation if you have been sitting, or you could think about something completely different - and fun - to give your brain a new focus.
- Give yourself incentives and rewards appropriate to the level of concentration you have had to maintain. Quite often they can be linked to the things that usually distract you. If you dream of sitting out in the sun when you are trying to work, make your reward a period of sun-worshipping (with the appropriate sun-screen lotion, of course!)

Environmental Sound Devices

A wide variety of environmental sound devices exist that help mask tinnitus. These can be used in your normal work, living, and sleep environments. Devices that emit a white noise signal are available as are those that produce simulated sounds such as rain, a stream, and other nature sounds. Recorded nature sounds are also available from many sources on CD or for MP3 or iPOD downloads. Another popular device is the tabletop water fountain that provides an ongoing background sound appropriate for an office or living room setting. You can easily access information about such devices on the internet and search for white noise, nature sounds, or sleep devices. Below are just a few examples of available devices that you can find on the websites listed in the resource handout.



Sound Oasis Sound Therapy System



Marpac Sleep-Mate/Sound Screen



Sound Oasis Sound Therapy Pillow



Marsona Travel Sound Conditioner



Alpine Eternity Tabletop Fountain



Homedics Portable Sound Spa

Website Resources

Sleep

www.mayoclinic.com/health/sleep/HQ01387

www.helpguide.org/life/sleep_tips.htm

www.sleepfoundation.org/article/sleep-topics/healthy-sleep-tips

www.selfhelpmagazine.com/article/insomnia

Relaxation

http://helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm

www.mayoclinic.com/health/relaxation-technique/SR00007

www.squidoo.com/7relaxationtips

www.webmd.com/balance/stress-management/features/blissing-out-10-relaxation-techniques-reduce-stress-spot

Concentration

www.counselling.cam.ac.uk/concen.html

<http://zenhabits.net/5-tips-to-maximize-your-ability-to-concentrate>

www.lumosity.com/

www.getselfhelp.co.uk/docs/ATT.pdf (attention-training technique)

Environmental Sound Devices

www.sleepwellbaby.com/Natural-Sound-Machines-s/462.htm

www.serenitysupply.com

www.target.com (search on "white noise" for many of these devices)

www.soundmachinesdirect.com

www.white-noise.us

www.sound-oasis.com

www.marpac.com

Nature Sound Downloads

www.calmsound.com/

www.naturesounds.ca/

www.soundsleeping.com/

<http://itunes.apple.com/us/artist/nature-sounds/id188943426>