

# MICHAEL'S HOUSE SLEEP PROGRAM

## *Why Sleep Is Key to the Recovery Process*

**During treatment, the body is recovering not only from the effects of drugs or alcohol, but also addiction-related stress.**

### *Finding Sleep Solutions for a Restorative Recovery Process*

We often underestimate the importance of sleep, and it can take a backseat to many other concerns—especially when addiction and mental health conditions come into play. The constant disruption of sleep patterns can have repercussions on a person's overall health. Getting good sleep becomes even more important during the treatment and recovery process. The average person needs seven to eight hours of sleep each night; some people need as many as 10 hours a night and others need much less. During treatment, the body is recovering not only from the effects of drug or alcohol, but also from addiction-related stress, poor nutrition and other factors. Sleep is a critical part of the healing process.



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**Many people enter treatment with irregular sleep patterns that need to be adjusted.**

A substance abuse lifestyle can cause unhealthy sleeping habits. Certain drugs may lead users to stay up for days at a time, sleep heavily or at odd hours, or incite anxiety that causes insomnia. An addiction to alcohol may mean a lot of blackouts, oversleeping or withdrawal symptoms that keep individuals awake. Many individuals enter treatment with disruptions in sleep patterns and have difficulty sleeping naturally

due to these effects as well as possible pre-existing issues. They may have even tried to self-medicate to deal with their sleep issues. In the early stages of treatment, medication may be used to help patients get the sleep their bodies need to heal, but natural methods are always preferred. The Michael's House sleep program uses a variety of simple tools to encourage sleep and help patients rest.

## ***How the Sleep Program Works***

The Michael's House sleep program began in 2012, designed to offer an alternative to sleep medications and to create a set of natural tools that can help individuals get restful, regular sleep. At the core of the sleep program is the establishment of a routine. Every person can benefit from a routine that cues the body to settle down for the night.

Our program offers actionable, practical solutions for restoring a healthy sleep balance and regaining positive rest patterns. Participation is voluntary, and the sessions take place seven nights a week. Patients get a snack that encourages sleep (chamomile tea along with certain fruits and other foods) and are able to check out iPods preprogrammed with a soothing, sleep-inducing playlist. The nightly sleep program meetings also include discussion questions that change daily, tips for encouraging sleep during treatment and exercises aimed at relaxing the mind and body.

**In treatment, getting good sleep is important. The Michael's House sleep program offers actionable solutions for restoring a healthy sleep balance and regaining positive rest patterns.**

### ***About Foundations Recovery Network***

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are twice as likely to maintain sobriety one year post-treatment compared to those who attend traditional programs.

### ***Healing Benefits of Sleep***

Sleep is instrumental in the body's healing process. Even during illnesses like the common cold or the flu, often getting rest and allow one's body to fight off infection and heal itself.

Addiction is an illness, and the human

body has

a natural instinct to stabilize and achieve equilibrium. During detox, the body is attempting to restore balance as it recovers from the effects of substances.

Sleep allows the body to do a number of health-promoting processes during detox and recovery. Overall benefits include improved learning capacity, reduced inflammation, increased stamina, a productive metabolism and decreased stress, among other healing effects.

