

Self-help courses: insomnia



Healthy Minds Bucks

Buckinghamshire Primary Care Wellbeing Service

iapt

Improving Access to Psychological Therapies



What will the course be like?

The course will consist of two facilitators and 15-20 people who are experiencing insomnia. The course will consist of six weekly 90 minute sessions.

Throughout the course you'll have the opportunity to share your own experiences, learn from the experiences of others, and learn cognitive-behavioural techniques to manage your sleep difficulties. Members will be strongly encouraged to try out these techniques between sessions and review the outcome.

The techniques covered on the course require commitment and motivation as sleep can often become more difficult before improvement is seen.

Course members will be required to keep records of their sleep prior to having their sleep difficulties assessed as well as during the course

What will the course cover?

The course materials are based on well researched Cognitive Behavioural Therapy (CBT), a psychological approach focusing on the link between our thoughts and behaviours. CBT for Insomnia has shown to be effective but has not been widely available

The Insomnia course will cover the following topics:

- What is CBT?
 - What is 'normal' sleep and insomnia?
 - How are sleep difficulties developed and maintained?
 - Helpful and unhelpful ways of coping with sleep difficulties
 - Developing more efficient, restful sleep
 - Creating a positive association with sleep
 - Challenging our thoughts & worries
 - Planning for the future
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What are the benefits of these courses?

- sharing ideas and experiences with people who can relate to my experiences
- meeting new people
- learning techniques to help me manage my difficulties
- feeling safe to share experiences in a confidential setting
- being in a supportive environment.

What if I'm uncomfortable in a group setting?

You won't be on your own. It is natural for people to feel anxious when in new situations. People who have attended our courses have found this easier with each session. We will have a range of individual, small group activities with the opportunity to feedback.

What do I need to do now?

If you decide you would like to attend one of our courses, we will agree on the available dates and send a letter to confirm you have a place booked.

Feedback from people who have attended our courses

"I enjoyed meeting other people with similar issues"

"It was useful to come away with comprehensive notes. I have been able to refer back to them and carry out certain exercises when I have had a bad day"

"It was comforting to discuss things with people who could relate and understand because they felt the same way"



Contact Us

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的文本，请与我们联系

ନେବ ପ୍ରସ୍ତୁତ ଟିପ୍ପଣୀ ନାଟକରୀ ବିମି ତୁମି ବ୍ରାହ୍ମା ନାଁ ମରଳ ହିଁଚ ଚାଟୀଫି ଗୈ ତାଁ ବିଚଧା ଉଚ ବେ ମାତୁଁ ପୁଢ଼ି

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہوں تو براہ کرم ہم سے پوچھیں :-

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