

Healthy Minds

Buckinghamshire Primary Care
Wellbeing Service

Support for insomnia



CBT for Insomnia Course

The course will consist of two facilitators and 12 to 15 people who are experiencing insomnia. The course will run for five consecutive weeks followed by a review session four weeks later. Each session will last for 90 minutes.

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 by using sleep diaries and monitoring.

What will the course cover?

The course materials are based on Cognitive Behavioural Therapy (CBT), a well researched psychological approach focusing on the link between our thoughts and behaviours. CBT for Insomnia has been demonstrated to be effective through extensive research.

CBT-I course Sessions

1. Sleep hygiene
2. Sleep efficiency and sleep restriction
3. Stimulus control
4. Relaxation and worry management techniques
5. Cognitive techniques
6. Review and maintaining progress



What are the benefits of these courses?

- Sharing ideas and experiences with others who can relate to this
- Learning techniques to help me manage my sleep difficulties
- Feeling safe to share experiences in a confidential setting
- Being in a supportive environment
- Meeting new people

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 becomes easier with each session. We will have a range of individual and small group activities with the opportunity to feedback. You may share as much or as little as you are comfortable with. The facilitators will be available if you have any concerns.

Sleepio

Sleepio is an online, self-help programme based on cognitive behavioural therapy (CBT) designed to support you to manage sleep problems and insomnia.

There are 6 core online sessions, which are personalised to your sleep needs.

Sleepio Sessions

1. Identify the causes of your poor sleep and set goals
2. Learn to optimise your daytime, for sleep
3. Boost the connection between bed and sleep
4. Learn a range of techniques that help clear the mind for sleep
5. Grow your toolkit with final techniques tailored to what you need
6. Assess your progress, revisit material, and pose any questions to our team of experts



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 (ফরমেট) 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 ही तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

ନେବ ବ୍ରହ୍ମାଣ୍ଡ ଟିଏ ନାହେବାରୀ ବିନା ସୁନା ବ୍ରାହ୍ମା ନାଁ ନଭଲ ବିଂସ ଚାଟୀନୀ ଚଢ଼ି ତାଁ ବିବଧା ଉବ ବେ ନାନ୍ତୁ ପୁଢ଼ି

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

Contact us for more information

Healthy Minds
Buckinghamshire Primary Care Wellbeing
Floor 2, Prospect House
Crendon Street
High Wycombe
HP13 6LA

Call: 01865 901600

Email: healthy.minds@oxfordhealth.nhs.uk

Website: www.oxfordhealth.nhs.uk/healthyminds

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the PALS and complaints team on freephone 0800 328 7971 or by email, PALS@oxfordhealth.nhs.uk

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