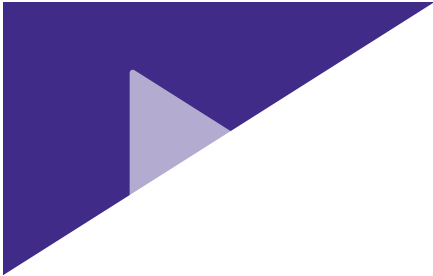


► Understanding Insomnia and Improving Sleep Course

Information leaflet

This course aims to provide support to anyone who is struggling to manage insomnia or having prolonged difficulties sleeping.






The Understanding Insomnia and Improving Sleep Course is a psycho-educational course that runs over five weeks.

The course will explore the causes of insomnia and sleep difficulties, and over the five sessions you will learn strategies to manage and improve your sleep.

How do I know if it is for me?

The course has been carefully designed by our team and could be helpful for you if:

- You can manage being in a group for two hours a week for five weeks.
 - You are suffering with prolonged sleep difficulties which are having an impact on your day-to-day living.
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Our course may not be helpful if you have an underlying disorder such as PTSD, Sleep Apnoea, Nightmare Disorder, Parasomnia, Restless Legs, Severe Anxiety or Depression.

If you're not sure if the course is for you, you can speak with one of the team and ask any questions you may have before you agree to be referred.


Just give us a call on [0114 226 2660](tel:01142262660) and ask to speak to a course facilitator.

What should I do if I'm interested in attending?

If you would like to attend the course you need to discuss it with your GP or mental health worker. They will need to refer you to the course.

When we receive your referral we will offer you an enrolment appointment.

This will give you an opportunity to meet the team and ask any questions you may have.



The Understanding Insomnia and Improving Sleep Course

The course runs over five weeks, with a two hour long session every week.

Our course facilitators will encourage you to practice self-compassion and self-care, and will teach you practical skills every week to practice between sessions.

Week one - Understanding sleep

Our first session will address the importance of sleep and sleep cycles.

We will also identify the different types of insomnia and the impact it can have.

Week two - Managing disruptions and sleep schedules

This session will explore the possible causes of insomnia and tips to help you maintain a healthy sleep routine.

Week three - Medication and Mindfulness

Our third session is jointly

facilitated with our Pharmacy Department and focuses on medication for insomnia.

We'll also introduce you to Mindfulness and how it may help you relax.

Week four - Stress and unhelpful thinking

This session addresses the impact that stress has on sleep and your thinking.

We will introduce you to tools which could help you manage worry and rumination.

Week five - Managing tiredness and bring it together

Our final session looks at the other causes of tiredness and skills around pacing.

We'll also review everything we've covered over the five weeks and ensure you have everything you need.

Short Term Educational Programme

The Short Term Educational Programme, also known as STEP, offers courses for a range of mental health problems.

All of our courses are carefully designed and facilitated by experienced staff, alongside volunteers and experts by experience.

Get in touch

Our courses run at various times throughout the year.

If you would like to find out more about one of our courses you can get in touch with us using the below contact details:

Address

Short Term Educational Programme
Fourth Floor
The Circle
33 Rockingham Lane
Sheffield
S1 4FW

Telephone

0114 226 2660

Website

To find out more visit www.shsc.nhs.uk/step