

Cognitive Behavioural Therapy for Insomnia Masterclass - 20th & 21st May 2024

Why sleep health is important

Good sleep is fundamental to good health. Similar to being physically active and eating a healthy diet, getting enough good quality sleep is a central component of a healthy and balanced lifestyle. However, **10% of the population experience insomnia**, which is persistent difficulty initiating or maintaining sleep that affects daytime functioning.

The inability to initiate or maintain sleep can be very distressing at night, but there are also significant daytime consequences. Therefore, **insomnia should be considered a 24-hour problem, which is costly for physical and mental health.**

Insomnia increases the risk of chronic illnesses such as cardiovascular disease, high blood pressure, diabetes, and depression. It also encourages overuse of substances like alcohol and caffeine and increases vulnerability to other adverse health behaviours such as poor diet, physical inactivity and adherence to medical treatments.

Cognitive Behavioural Therapy

Cognitive Behavioural Therapy for insomnia (CBTi) is a non-pharmacological treatment that is recommended by the National Institute for Health and Care Excellence. **CBTi works by using cognitive and behavioural techniques to encourage healthy sleep patterns and overcome the experience of being unable to sleep.** Approximately 70% of those who have used CBTi report significant and long-lasting improvements to sleep quality and quantity.



The Centre for Sleep Health at the University of Strathclyde offers a CPD accredited CBTi Masterclass. Topics covered include:

- Sleep-wake regulation
- Introduction to insomnia disorder
- Assessment of insomnia and screening for other sleep disorders
- Objective measurement of sleep
- Sleep Hygiene
- Sleep Restriction Therapy
- Stimulus Control Therapy
- Cognitive Therapy

Costs for this 2-day masterclass is £500 and it is suitable for healthcare professionals such as physicians, psychologists, psychiatrists, nurses, and allied health professionals.

Training is delivered by Dr Leanne Fleming and Dr Megan Crawford and comprises a series of talks and breakout activities with time allocated for discussion and interaction.

To register your interest or request further information about dates, please email: centreforsleephealth@strath.ac.uk