

Cognitive Behaviour Therapy for Insomnia (CBT-I)

An evidence-based, non-drug treatment for improving sleep and associated difficulties such as worry about sleep and daytime fatigue

Who is the program for?

This program is suitable for people with primary or secondary insomnia, including one or more of the following symptoms:

- Difficulty falling asleep or staying asleep
- Difficulty returning to sleep after awakenings
- Waking up not feeling refreshed
- Daytime fatigue
- Difficulty functioning during the day
- Worry about sleep
- Low mood related to sleep difficulties.

Further information

For information on this program please contact our Therapy Liaison Officer:

P 08 9380 4999

E mrn.tlo@healthcare.com.au

F 08 9388 3179

About the program

Psychological and behavioural treatments have been shown to be highly effective in treating insomnia. CBT is often described as the 'gold standard' treatment for insomnia, particularly for long term improvements in sleep.

This program helps people to change behaviours and thoughts that impact on their ability to sleep well, by:

- Providing accurate information about sleep and insomnia
- Assisting people to set realistic sleep expectations
- Focusing on behavioural techniques of stimulus control, bedtime restriction and sleep hygiene
- Teaching skills to manage negative/unhelpful thoughts and worries about sleep
- Assistance with managing a busy mind at night
- Enhancing stress management and relaxation abilities
- Maximising daytime energy.

When and Where?

All programs will be held in our new dedicated therapy suites. The CBT-I Program is held on Saturday mornings over 4 consecutive weeks, 9:00am to 12:30pm. Individual initial and follow up assessments are also included. Light refreshments provided.

How to join

Please request a referral from your psychiatrist or GP. An assessment, if required will be arranged prior to the commencement of the program.

How much does it cost?

Participants can claim via their private health fund, if sufficient hospital cover is held. All funds have different rules. Participants can call our dedicated Therapy Liaison Officer (TLO) on (08) 9380 4999 ext 1126 to discuss attendance and if there are any out-of-pocket excess or gap costs.



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Centre