

CBT for Insomnia

CBT – I (cognitive behavioural therapy for insomnia)

Do you have difficulty falling asleep?

Do you have difficulty staying asleep?

Do you wake up too early in the morning?

If the answer to any of these is yes and it has been going on for more than two weeks, our CBT-I programme might provide the help you need.

First Step offer CBT for Insomnia to adults across Cumbria. CBT-I is a psychological therapy for adults with insomnia which has been proven to work effectively in a whole range of research trials. There are trained staff across Cumbria who can offer this specialised sleep programme to adults struggling with insomnia. Recent evidence suggests that sleep interventions can also reduce low mood and anxiety alongside improving quality of sleep. To complete the programme, individuals need to be able to complete daily sleep diaries for the duration of the programme in order for both practitioner and patient to have a clear and shared understanding of the individual's sleep.

CBT-I comprises eight sessions, each designed to address different aspects of insomnia:

1. Introduction to the sleep diary – by keeping a sleep diary we can help identify both helpful and unhelpful patterns. It will also help us identify the best sleep schedule for you
2. Sleep rescheduling – we aim to look at the best sleep and wake times to try to get you back into a sleep routine whilst reducing unwanted time awake in bed
3. Stimulus Control – this session helps you to manage the worry and frustrations associated with being awake in bed during the night
4. Sleep Hygiene – this session looks at how your day time, night time routines and behaviours, as well as your sleep environment, can impact on the sleep you are getting so we can maximize the opportunities for sleep
5. Cognitive Control – we aim to help manage the racing mind at night by putting the day to bed before you go to bed
6. Distraction Techniques – techniques that you can use if you are in bed and are awake to stop you from having lots of intrusive thoughts
7. Other Cognitive Techniques – this session looks at any additional techniques you might require to help manage the worry, stress and anxiety that builds up during the night if you are awake
8. Review and Relapse Prevention – this session focusses on ways to protect your sleep in the future and how you can best manage your sleep



If you are interested in accessing this programme, please follow the usual referral routes into First Step such as GP referral or online self-referral detailed [here](#). You will have a telephone assessment where you can discuss the various options with a trained practitioner.

Confidentiality

'The Trust's vision is to keep your information safe in our hands.'

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**

E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
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