

Insomnia

Insomnia – the facts

Most people need somewhere between 6.5 hours and 8.5 hours of sleep to function and feel that they can manage life adequately.

If individuals don't have enough **bed time** during the working week, having 1-2 extra hour(s) of sleep on non-working days is usually a good way of catching up.

Insomnia however is a distressing difficulty in falling asleep, going back to sleep or waking too early where any wake is greater than 30 minutes. Additionally, the individual feels sleep is inadequate for her/his needs.



Insomnia is **common** and a survey from NSW found that approximately one third of the sample reported at least one symptom of insomnia.

Women report insomnia symptoms nearly twice as often compared with men.

Insomnia impacts on daily living with some individuals reporting a lack of energy, irritability, poor performance at work, memory difficulties and concentration problems.

Treating insomnia reduces health risks and help individuals feel better and more confident about their sleep.

Please see your doctor if you have any concerns about sleep disorders.

To learn more about this disorder or to order a test visit:
www.woolcock.org.au/sleep.htm

P +61 2 9351 0900
F +61 2 9351 0914
E diagnostic@woolcock.org.au

| leaders in breathing and sleep research |

Our world class **Insomnia Clinic** is run by sleep psychologists and physicians who specialise in the treatment of insomnia.

When

Every second Thursday

- 8:00 am to 9:30 am
- 10:30 am to 12:00 midday

Referrals are required from your General Practitioner in order to attend the clinic

Bookings

T 02 9351 0900

F 02 9351 0914

Cost

Medicare plus fee for the workshop which is refundable if you are in a Health Fund. Health Care Card Holders are exempt.

Consultations

Most individuals (after assessment) are encouraged to attend the Insomnia Workshop which is a specialised Cognitive Behavioural Treatment (CBT) programme based on overseas research.

We have been running the insomnia workshops for a number of years with good outcomes when individuals are able to attend all sessions.

Individual consultations are available for individuals who have English as a second language and for special needs.

We also encourage people to have an individual consultation with the psychologists or sleep physicians after they have attended the insomnia workshop.

Consultants

Dr Delwyn Bartlett
Ms Dianne Richards
Ms Lauren Brown
Ms Lynne Paisley
Dr Michael Dodd
Dr Peter Buchanan

Workshop

Four 1½-hour sessions where individuals “re-learn” better sleep patterns.

Session I

“About Sleep”

Presentation of factual up-to-date information on sleep, medications and the impact of poor sleep patterns on daily living.

Session II

“Changing Sleep Behaviours”

How you can improve your sleep by doing sleep “things” differently

Session III

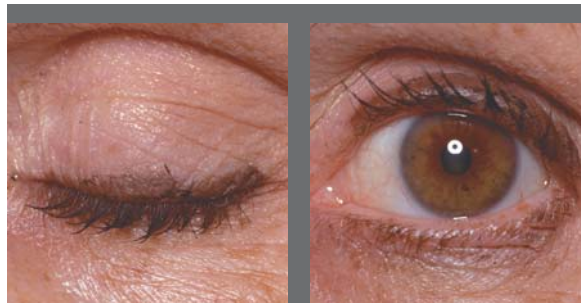
“Changing your thinking about sleep”

Increasing awareness of how unhelpful thoughts impact negatively on sleep

Session IV

“Your Sleep Now”

By now you will have your own individual programme of what suits you in relation to managing sleep and lifestyle factors. It is now time to consolidate the information and treatments.



Support research into Sleep Disorders

– if you would like support our research donations of \$2.00 and over are tax deductible and can be made to:

Woolcock Institute of Medical Research

via post to PO Box M77, Missenden Rd NSW 2050,
or by phoning 02 9515 8710.

P +61 2 9351 0900
F +61 2 9351 0914
E diagnostic@woolcock.org.au
www.woolcock.org.au/sleep.htm

24/7
HEALTH
network

WOOLCOCK
INSTITUTE of MEDICAL RESEARCH
| leaders in breathing and sleep research |