



## WHAT IS INSOMNIA?

People with insomnia have trouble getting to sleep, staying asleep or waking too early. Insomnia often develops during times of high stress and most people will suffer from insomnia at some point in their lives.

# Insomnia



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## DO I HAVE INSOMNIA?

Insomnia is a distressing disorder in which you have difficulty going to sleep, staying asleep or waking too early (generally longer than 30 minutes). If you experience these symptoms more than three times per week and for over one month despite spending more than seven to nine hours in bed, it is likely you have insomnia.

Insomnia impacts on daily life causing:

- Lack of energy
- Irritability
- Poor performance at work
- Memory difficulties
- Concentration problems

Spending too much time in bed “trying to sleep” will make your sleep worse.

Treating insomnia reduces health risks and helps people feel better and more confident about their sleep.

## THE WOOLCOCK INSOMNIA CLINIC

The Woolcock Insomnia Clinic is run by sleep psychologists and doctors who specialise in treating people with insomnia.

The Woolcock Insomnia Clinic offers individual consultations and/or group workshops with insomnia specialists.

### Individual Consultations

Highly qualified insomnia specialists are available for individual consultations and to assess whether you need further referral for some other sleep disorder.

### The Insomnia Workshop

The Workshop is a specialised insomnia program based on

international research. It involves two group sessions and two individual consultations which are designed to help you re-learn sleep and become confident about gaining control around your sleep.

This method of treating insomnia involves cognitive behaviour therapy which is the most effective long-term treatment. Participants are strongly encouraged to attend all sessions because research shows that being involved in all four sessions is a key part of making the necessary changes to improve your sleep.

Participants are required to complete sleep diaries and each person will receive handouts and booklets to keep.

### SESSION 1: LEARN ABOUT SLEEP

This session explores the many myths surrounding sleep. You will be presented with factual information about sleep, sleep medications and the impact of poor sleep patterns on daily living. Participants will learn how to improve their sleep by doing ‘sleep things’ differently and by the end of the session you will have a better understanding of how to begin to get a better night’s sleep.

You will also learn how simple relaxation techniques can be used to slow the mind and become part of your daily lifestyle. All it takes is between 20 seconds and three minutes, two to three times a day to help you feel much better.

### SESSION 2: MANAGING AND IMPROVING SLEEP

This session will focus on you becoming more aware of how your current thinking about sleep can impact negatively on your ability to sleep. You will be shown a number of different sleep strategies to enable you to manage some of that ‘busy brain’ at night. You will also develop your own individual sleep program based on what suits you in relation to managing sleep and lifestyle factors.

### SESSIONS 3 AND 4: INDIVIDUAL CONSULTATIONS

You will meet with an insomnia psychologist who will assess

your individual needs and history. These consultations focus on your sleep needs.

## HANDOUTS AND HOMEWORK

All patients are given a number of booklets relating to healthy sleep habits (including sleep hygiene), relaxation, reducing anxiety and worry, monitoring sleep, strategies involved in changing behaviours, and increasing awareness about unhelpful thoughts linked with poor sleep. Patients are expected to complete sleep diaries and sleep homework.

Associate Professor Delwyn Bartlett, Sleep Psychologist and Insomnia Specialist has produced a Relaxation CD specifically for people with insomnia. The CD is for sale at the Woolcock Clinic and is available at a reduced cost for individuals attending the insomnia workshop.

Call us today to learn more about how we can help treat your insomnia. Please phone 02 9114 0000.

The Woolcock Institute of Medical Research is a not-for-profit organisation.

If you are interested in further information about becoming involved in our research studies or donations, please visit our website [www.woolcock.org.au](http://www.woolcock.org.au).

Your contribution will make a difference.

Thank you for your support.

