

Insomnia

Insomnia – the facts

Most people need 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 **rest 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 is a term used to describe a distressing situation where a person has difficulty in falling asleep, going back to sleep or waking too early. In this situation a person usually feels their level of sleep is inadequate for their needs.



Insomnia is **common** and recent research suggests that up to one third of the population may have 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 problems like: a lack of energy, irritability, poor performance at work, memory difficulties or 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 your sleep health.

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

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| 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.

Bookings / Enquiries

T 02 9114 0000

F 02 9114 0010

When

Thursdays. Workshop times and individual consultation appointments are variable. Evening sessions may be available, according to demand.

Cost

\$600 for five hours of psychology services (educational material and individual consultation). With a mental healthcare plan you will be eligible for a rebate of \$190.

Referrals, including a mental healthcare plan, are required from your General Practitioner in order to obtain a Medicare rebate.

If you have private health insurance please check with your fund, as you may be eligible for a higher refund.

Resources

- 'Sleep / Wake Diary': to assess your sleep patterns throughout the programme. You will need to bring your diary to each session.
- Questionnaires: to monitor sleep quality, fatigue, mood, medications and perceptions.
- Information: notes, booklets and helpful hints – all designed to help you in changing your sleep patterns.

Does this work?

The Insomnia Workshop is a specialised programme based on the latest international research. We have obtained excellent results for those who complete the full course of activities.

Individual consultations are also available with our highly qualified specialists.

Insomnia Workshop – Outline

The Insomnia Workshop consists of two group sessions and two individual consultations designed to help you “re-learn” better sleeping techniques:

Session I

• “About Sleep”: Presentation of factual up-to-date information on sleep, medications and the impact of poor sleep patterns on daily living.

• “Changing Sleep Behaviours”: How you can improve your sleep by doing ‘sleep things’ differently

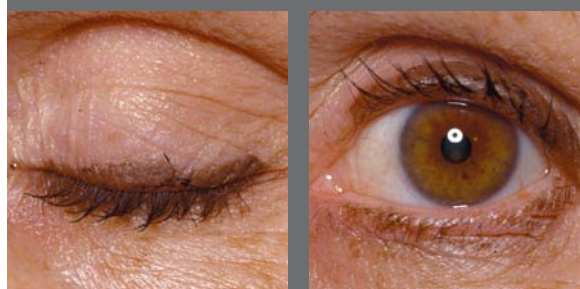
Session II

• “Changing Your Thinking About Sleep”: Increasing awareness of how unhelpful thoughts impact negatively on sleep

• “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 techniques.

Session III individual consultation

Session IV individual consultation



Support Sleep Research

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

Woolcock Institute of Medical Research via post to PO Box M77, Missenden Rd, NSW 2050, or by phoning 02 9114 0000.

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