

SELF-MANAGEMENT COURSE

Are sleepless
nights affecting
your daily life?



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IMPROVING YOUR SLEEP MANAGEMENT COURSE

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IMPROVING YOUR SLEEP MANAGEMENT COURSE

If you are finding your sleep a struggle, whether that be trouble falling asleep, often waking up during the night, or don't feel refreshed when you wake up then this course is for you.

The course incorporates principles of Cognitive Behavioural Therapy (CBT), an evidence-based approach to enhancing mental health by altering thought patterns, emotions, and behaviours.

The focus is on understanding and managing current challenges, rather than delving into past events. Participants will learn practical tools to enhance their well-being both now and in the future.

What to expect in the sessions

The course is led by a Psychological Wellbeing Practitioner, who will help you develop coping strategies for your symptoms. While there is no pressure to share personal experiences, some interaction is encouraged.

- 6 weekly 90-minute sessions
- A relaxed, informal atmosphere
- A resource pack for use - during and after the course
- Success depends on practicing the skills learned between sessions

What will we cover in this group?

- Building an understanding of the sleep cycle and stages of sleep
- Changing sleep habits
- Relaxation
- Timing sleep just right
- Tackling thoughts that steal sleep
- Solving sleep problems effectively

Feedback from a client:



"I have found the group therapy excellent and the techniques very helpful. The group facilitator was very helpful and friendly."

Benefits of group therapy

- Learn practical skills that you can apply in your daily life to improve confidence
- Working in a group can boost your motivation and commitment to making positive changes
- Regular sessions and homework assignments help keep you on track

For more information, phone **01924 234 860**