

SELF-MANAGEMENT COURSE



Are sleepless nights
affecting your daily
life?

BREAKING THROUGH INSOMNIA COURSE



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BREAKING THROUGH INSOMNIA COURSE

What is the Breaking Through Insomnia Therapy Group?

Our Breaking Through Insomnia Therapy Group is an 8-session course crafted especially for adults finding it hard to get a good night's sleep. We're a friendly team with loads of experience helping people improve their sleep.

What will we cover in this group?

- Getting to know sleep better
- Changing sleep habits for the better
- Relaxing your way to better sleep
- Timing sleep just right
- Tackling thoughts that steal sleep
- Solving sleep problems effectively
- Combining everything for better sleep
- Keeping good sleep going

Why should I join the group?

- Learn about sleep and how to make it better
- Gain skills to beat those unhelpful thoughts and habits that disrupt sleep
- Be a part of a supportive group, with others who know just what it's like
- Get guidance from friendly experts who know their stuff about sleep
- Learn how to keep track of your sleep

Who is the group for?

- Adults finding sleep a struggle
- People who have trouble falling asleep, often wake up during the night, or don't feel refreshed when they wake up
- Folks ready to get involved in group discussions, activities and a bit of homework

Who might not be ready for the group yet?

- People with severe mental health conditions or other sleep disorders (other than trouble sleeping) that might need different treatment
- People who have struggled with substance abuse in the last six months
- Anyone who isn't quite ready to join group activities or do some homework