

## iSleep - Personal Services

*iSleep is our service division for people who are suffering from insomnia and sleep problems. In this section you can find out more about the options we have available to help you sleep well and improve the quality of your life.*

### The Problem

As most of us can attest, without adequate sleep we can all become:

- Tired
- Anxious
- Irritable
- Depressed
- Less able to learn & recall skills and information



While we can all suffer from periods of disruption to our sleep, for many of us this can become a chronic problem. Insomnia can affect our relationships with others, how well we function at work and can have a negative impact on our health, lifestyle, goals and aspirations.

Fortunately, there is help available for people with sleep problems. The iSleep service, can provide dedicated and highly targeted support for both children and adults with insomnia, providing expert advice and where required, specialist intervention via our R.E.S.T. treatment programme.

### How Can We Help You?

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#### iSleep Assessment



The foundation of any successful treatment program is a comprehensive assessment of the problem; therefore the first step on the journey to better sleep is to complete our detailed online assessment. During the assessment we will gather all the necessary information from you about your sleep, your daily/weekly routine, any medication you take and the impact your sleep issues have on your life and activities. The assessment takes around 35 minutes to complete and any information you provide is treated in the strictest confidence.



## iSleep Workbook

Once your online assessment has been completed a member of our clinical team will analyse the findings from your assessment to pinpoint the problem areas for you. We will then provide you with an iSleep workbook, which will include a short report detailing our findings, relevant advice and information and a tailored sleep prescription.

The report will also contain any recommendations we have which may include:

Guidance on seeking medical advice (in the event that an underlying health condition is suspected)

- Sources of further information
- Details of any other treatments or services we provide which we feel may help you. For example, depending upon the results of your assessment we may advise further treatment or support



## iSleep Treatment: The R.E.S.T. Programme

While many of our clients are able to effectively improve their sleep with the right support and advice provided via their personalised iSleep Workbook, some clients with more complex and deep rooted problems, may require further specialist treatment. This may be the result of an underlying medical problem or when a person requires some support in another area of their life, (for example people who are currently experiencing high levels of stress or emotional difficulties).

The R.E.S.T programme is a bespoke treatment programme incorporating evidence-based cognitive behavioural therapy for insomnia with proven efficacy. The programme is suitable for any healthcare professional in the effective assessment, treatment and management of their clients sleeping problems.

Clinically effective in a wide range of clinical populations including those having problems with mental health, pain and brain injury, the programme is effective for both adult and child clients.

*\*Please note that the assessment and treatment of sleep problems for clients with complex health and social care needs (for example clients with acquired brain injury) is covered in our [uSleep](#) section, where referrals, including those for actigraphic assessments can be made.*



## Oximetry

Oximetry is used in clinical settings to assess a client for sleep disordered breathing. A finger sensor connects with a wrist-worn device which records blood oxygen levels and pulse rates. Usually oximeters are worn at home, for one night. Our respiratory medicine team conduct oximetry assessments for people who have suspected sleep apnoea.

[More information on Oximetry.](#)

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## Sleep Workshops

While many of our clients benefit from the specific advice and recommendations provided via their iSleep Workbook, some will choose to delve deeper into the science of sleep and its application, whether simply to gain a more thorough understanding of the topic or to help friends and family members who also experience sleep problems.

Our iSleep workshops provide participants with an overview of sleep and managing sleep problems and insomnia. These engaging workshops are based on our professional Foundation Sleep Training. You can register your interest in attending an iSleep workshop using the contact on this page, by calling us on 0191 580 0008, or by emailing us at [info@sleepunlimited.co.uk](mailto:info@sleepunlimited.co.uk).