

## uSleep - Professional Services

*uSleep is our service division for professionals who work with people who suffer from insomnia and sleep problems. In this section you can find out more about the services we offer to help you understand sleep and effectively treat sleep problems.*

### The Problem

Lack of sleep clearly has profound effects on our clients and their families, while significantly reducing their responsiveness to therapeutic interventions.

Psychobehavioural and CBT approaches now have proven efficacy in providing enduring relief from the debilitating symptoms of insomnia.

Picture

Regrettably however, there is still a notable lack of training for the healthcare professional with regard to these psychobehavioural treatment strategies, with many prescribers still resorting to sleep-medication that presents concomitant issues of tolerance, dependency and other side effects.

Sleep unlimited provide in-depth assessment and treatment for clients with more complex needs including those with an acquired brain injury. We also support health and social care professionals by offering both foundation and advanced training, providing evidence-based information, insight and tools which will deepen knowledge and understanding of this often-neglected area of clinical practice. This has impact across clinical groups and clients of all ages.

### How Can We Help You?



#### In-depth assessment treatment and reports

Where sleep issues are part of a complex picture of disability, pain or other long term conditions in-depth actigraphic assessment provides an objective picture of activity, sleep, rest and fatigue as well as information about care routines, in addition to our basic assessment.

Actigraphy is a non-invasive method of monitoring rest and activity cycles over time. A highly sensitive actigraphic device is worn on the wrist and measures gross motor activity over specified assessment periods (from 2 weeks to 2 months) so that we can identify significant patterns to inform your comprehensive treatment programme.



The actigraphic device continually records even the smallest movements made. These devices have a proven track record for use with vulnerable groups. They are lightweight, unobtrusive, discreet and very well tolerated by both adults and children.

Specialised software accurately determines the amount of sleep, wakefulness and activity over both night and day. Analysis of the data obtained is interpreted by our sleep psychologist to examine sleep and wakefulness patterns as well as levels of movement and patterns of activity.

A comprehensive report with recommendations is provided by our sleep psychologist, with input from other MDT members where appropriate. The initial findings can act as a baseline for comparison with further actigraphic assessments following intervention.

Based on assessment results interventions can include:

- CBT for insomnia
- Good Sleep Practices
- Sleep Restriction Therapy
- Night and day behavioural management
- Pacing of activity
- Collaboration with family and professional carers
- Advice and support to the MDT
- Follow-up support and repeat assessments available to monitor progress.



## 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.](#)



## Professional Training

Our foundation and advanced professional training has relevance for medical doctors, nurses, occupational therapists, physiotherapists, social workers, clinical psychologists, neuropsychologists, counsellors, psychotherapists, speech and language therapists, care managers, case managers and others who are interested understanding the impact of sleep problems on the patients/clients they work with and how to assess and manage these to improve sleep, fatigue and performance. The programme includes:

- Introduction to sleep
- The purpose of sleep
- Normal sleep across age groups
- Sleep architecture
- Types of insomnia - how to recognise and classify sleep problems
- Sleep problems with long term conditions, chronic pain, depression, anxiety and other co-morbidities
- Recognising and assessing issues with sleep
- Benefits and issues of pharmacological treatments
- Impact of good sleep hygiene
- Non-pharmacological treatments and approaches