

# SLEEP IN PEOPLE WITH COMPLEX CONDITIONS.

An introduction to the assessment and management of sleep problems and insomnia in people who have complex conditions

**This course is aimed at all professionals working with those who have complex and/or chronic conditions to manage in their lives, particularly the treating multidisciplinary team including:**

Case Managers, Neurorehabilitation Occupational Therapists, Physiotherapists, Psychologists, Nurses and other neurorehabilitation clinicians working in both paediatric and adult client groups, living either in the community or in care establishments.

**This day-long workshop will detail:**

- The science of sleep
- Age-related changes in sleep
- Physiological and behavioural mechanisms which control sleep
- The assessment of sleep problems in people with complex presentations

- The use of evidence-based psychological and behavioural treatment interventions with proven efficacy and recommended by NICE - Cognitive Behavioural Therapy for Insomnia (CBTi)

**Special focus will be presented for both adults and children who are living with:**

- Brain injuries
- Chronic pain
- Fatigue
- Anxiety, depression and trauma-related distress
- Medication side effects
- Ongoing litigation
- Family and professional caregivers

*Led by engaging sleep psychologist Dr David Lee.*

## LIVE INTERACTIVE ONLINE TRAINING IN 2022:

One Day Course 'Sleep in People With Complex Conditions'

To be held via Zoom on Tuesday 22nd March 2022, Tuesday 7th June 2022 and Tuesday 13th September 2022 from 9.30am to 4.30pm

Price: £105 (£126 incl. VAT) per person per day

## SLEEP ASSESSMENT AND MANAGEMENT

Tuesday 22nd March, Tuesday 7th June or Tuesday 13th September 2022

### For health professionals working in neurorehabilitation

This course 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 in 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.

Name Mr/Mrs/Ms/Dr/Other (please state)	
Email address	
Correspondence address	
Post code	
Telephone	
Professional background	
Current field of work	
Date of course(s)	
Number of tickets and rate	
Total enclosed	
Please provide any invoice instructions, including who to invoice and contact details/PO number if relevant	

**You are strongly advised to check there are places left on the course before submitting your payment as capacity is limited.**

**Cancellation:** substitution of delegates may be made at any time without cost, by emailing us at [info@sleepunlimited.co.uk](mailto:info@sleepunlimited.co.uk) or calling 0191 580 0008. Cancellations must be received in writing. A refund of the course fee less a processing charge of £25 will be made if the Sleep Unlimited office receives your cancellation on or before a calendar month before the day of the training you have booked onto with us. No refunds can be given after this date.

Sleep Unlimited are not responsible for delegate internet access – to attend the course you must have a suitable device and connection to sign up for Zoom, and must have tested this before the event. If you have issues on the day, we will try and help you if we can, but are not responsible if our employees are not available to help you sign up to Zoom or if you have any technical issues.

**To order a copy of Teaching the World to Sleep please follow this link:**

<https://www.routledge.com/teaching-the-world-to-sleep-psychological-and-behavioral-assessmentand//p/book/9781782203452>

I have read, understood and agree to the terms and conditions for booking.



To book, call us on **0191 580 0008** | Email: [opencourse@sleepunlimited.co.uk](mailto:opencourse@sleepunlimited.co.uk)  
or book online at: [www.sleepunlimited.co.uk/next-courses](http://www.sleepunlimited.co.uk/next-courses)