

Celebrating **20** Years of Sleep Unlimited

Introducing R.E.S.T Programme™

Routine, Environment, Stimulation
Control & Thinking
A 2nd generation Cognitive
Behavioural Therapy for Insomnia
(CBTi)

Teaching the World to Sleep by
training healthcare professionals,
working with adults and children,
how to support their clients
with their sleep.

What is this programme?

A two-part, evidence-based, sleep training programme covered over two days, taught by Sleep Psychologist – Dr David Lee.

Part 1: Sleep Assessment and Management

Provides evidence-based information, insight and tools, which deepen knowledge and understanding of this often-neglected area of clinical practice which has relevance and impact across clinical groups.

Includes:

- Introduction to and purpose of sleep
- Sleep problems in long term conditions, chronic pain, depression, anxiety and other co-morbidities
- Types of insomnia – how to recognise and classify sleep problems
- Non-pharmacological treatments and approaches
- Recognising and assessing issues with sleep
- Impact of good sleep practices

Part 2: Advanced Assessment and Treatment Strategies for People with Insomnia

Participants will be able to recognise the presence and importance of sleep in their various clients and be given strategies to manage their clients sleeping problems more effectively.

You must have attended a Part 1: Sleep Assessment and Management (through us or your employer) to be eligible to attend Part 2.

Includes:

- A detailed assessment and formulation process.
- Examination of the NICE recommended process of cognitive behavioural therapy for insomnia (CBTi) and treatment options including a stepped care model suitable for more complex conditions.
- Case discussions and an interactive session at the end of the day where delegates can bring their own case examples/client groups forward for consideration within the treatment model.





Why is this training important and how does it differ from CBTi training I've had in the past?

Over the last 40 years (CBTi) has evolved into the most widely respected and highly regarded treatment for insomnia across the developed world. The National Institute for Health and Care Excellence (NICE) in the UK recommend CBTi as the first line treatment for the management of insomnia. However, 1st generation CBTi treatments can lack sophistication in the assessment of clients with insomnia, therefore only able to provide a "one size fits all" treatment approach.

R.E.S.T™ uses the well established efficacious treatment elements of CBTi, and improves it further by providing a detailed and comprehensive assessment procedure, informing bespoke treatment tailored to each client's specific sleep problems. This personalised treatment approach ensures that the focus is only on the factors relevant to the client - avoiding unwarranted treatments. Using the R.E.S.T™ is more likely to improve adherence and compliance, whilst being less cumbersome in delivery allowing for a more efficient and cost-effective approach.

Feedback from attendees of the 2022 REST™ Training Programme

'I feel more confident in exploring sleep difficulties with patients and empowering patients to self-manage it, knowing I have evidence based information to back intervention' – *OT Older Adults.*

'Insightful, thought provoking, easy to follow, really enthused to help to teach the world to sleep.' – *Mindfulness Practitioner.*

'This is one of the best courses attended because the information is so practical for me to use with patients. I learnt so much over both days' – *OT Oncology.*

'Course was delivered with such enthusiasm, care and passion to support and help people, which is right up my street. One of the best courses I have ever attended' – *Teacher.*

'Really great teacher. Attention maintained as the presentation was engaging and energetic. You made everyone feel comfortable with asking questions. Highly Recommend' – *OT.*

'Very clear and we were welcomed to ask questions as we went along. Very well structured and well paced. Very knowledgeable and shared research, experiences, and own learnings really well' – *OT.*

0191 580 0008



When are these training programmes and how much?

Live interactive Online Training Programme in 2023
(9:30am – 4:30pm)

**Thursday March 9th
and Friday March 10th**

**Thursday July 6th
and Friday July 7th**

**Thursday October 5th
and Friday October 6th**

**Thursday November 9th
and Friday November 10th**

**Thursday December 7th
and Friday December 8th**

Price for Part 1 (or if booking Part 2 separately – must have attended a Part 1 already) - £130 (£156 incl. VAT)

Price for Part 1 and Part 2 – £250 (£300 incl. VAT)

In Person Training Programme

**Thursday May 18th
and Friday May 19th 2023**

**The Priory Rooms,
40 Bull Street, Birmingham, B4 6AF**

Price for Part 1 (or if booking Part 2 separately – must have attended a Part 1 already) - £180 (£216 incl. VAT)

Price for Parts 1 & 2 - £340 (£408 incl. VAT)

Price includes unlimited refreshments throughout the day, breakfast pastries and lunch.

What happens after the course?

To help you to embed the teaching and to support you after attending our training courses, we have additional options available.



Licence to use the REST Programme™

After completing Parts 1 and 2 (please see front page for course content and above for details of our courses in 2023) if you would like to use the REST programme™ assessment form we require you to sign up for a licence to do so. We have two levels which form an agreement between us and you, and for which you sign up for a year at a time.

Level 1 – Use of the REST Programme™ logo to advertise that you have completed the training course. Handouts for your clients.

Level 2 - Use of the REST Programme™ logo to advertise that you have completed the training course. Handouts for your clients. A pdf of the REST Programme™ assessment form to use with your clients.

Part 3: Putting the REST Programme™ into practice

New to 2023 we are offering a Part 3 for those who have attended Parts 1 and 2. This will include a group supervision session where you can bring any questions related to using the REST in your own clinical setting. You will be able to complete a Part 3 as soon as you've attended Part 1 & Part 2 though we advise attending after 4-6 months of implementing the course content.

How to book

Please make sure to book early – the number of places are limited to allow interactive sessions. Please complete this booking form, tick the terms and conditions box in the bottom left corner and email back to training@sleepunlimited.co.uk

Part 1 – Sleep Assessment and Management

Suitable for all health and social care professionals. 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, coaches and others who are interested in understanding the impact of sleep problems on the clients they work with and how to assess and manage these to improve sleep, fatigue and performance.

Part 2: Advanced Assessment and Treatment Strategies for People with Insomnia

Suitable for all health and social care professionals. Open to those who have attended our Part 1 or are booking onto Part 1 and Part 2 at the same time.



Scan me to access our course calendar and our booking form online.

Name	
Email address	
Telephone	
Professional background	
Current field of work	
Date and venue of course(s)	
Number of tickets and rate	
Total enclosed	
If you are applying for the advanced course only, please give the date and venue of the foundation course attended	
Payment method	<input type="checkbox"/> Self Funded <input type="checkbox"/> Employer* <small>*PO number required.</small>
Please provide any invoice instructions, including: Who to invoice, contact details and PO where relevant	
If attending a venue, please let us know if you have any dietary requirements	

Please email to training@sleepunlimited.co.uk

Please read the terms and conditions below and tick the box to confirm you agree with them.

Terms and Conditions for Booking:

You are strongly advised to check there are places left on the course before submitting your payment as capacity is limited. Payment by the date on your invoice (details of how to pay are on your invoice). Receipts will be sent with confirmation of your place on the workshop. Cancellation: substitution of delegates may be made at any time without cost by emailing us at training@sleepunlimited.co.uk. 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 one calendar month before the course date. No refunds can be given after this date. Sleep Unlimited are not responsible for delegate travel and accommodation expenses should the event be cancelled. You may move your place to another venue or online course for a processing fee of £15 up to a month before the course depending on availability – please contact us to arrange this – and note the difference in course cost, this may mean an additional charge. To order a copy of Teaching the World to Sleep please follow this link: [https://www.routledge.com/teaching-the-world-to-sleep\(1\)psychological-and-behavioural-assessment-and//p/book/9781782203452](https://www.routledge.com/teaching-the-world-to-sleep(1)psychological-and-behavioural-assessment-and//p/book/9781782203452).

I understand that this event is not designed as a train the trainer event, and the information that I receive during the REST™ training remains the intellectual property of Sleep Unlimited Ltd and will only be used alongside my current practise to help my clients and I will not disseminate the training further. 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.

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