



iSleep®

Online assessment, report  
and recommendations &  
follow up consultation for  
individuals

*March 2022*

# Teaching the World to Sleep

Cognitive Behavioural Therapy for insomnia (CBTi) has evolved over the last 40 years 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.

While we can all suffer from periods of disruption to our sleep, for many of us this can become a chronic problem, particularly where shift working, stress, travel, and safety critical work impact, and is also a common issue in those returning to work, with sleeping problems affecting meaningful rehabilitation.



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We use Cognitive Behavioural Therapy for Insomnia (CBTi) – the NICE recommended guidelines for treating a sleep disorder. All our work is evidence based and clinically effective in a wide range of populations including those having problems with mental health, pain and brain injury.

Evidence shows us that Sleep problems contribute to: **fatigue, mood disturbance, reduced ability to learn, impaired memory and concentration, irritability, poor performance at work, accidents and mistakes, depression and anxiety.**

Following sleep psychology advice based on an objective assessment of sleep can make all the difference.



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## The iSleep® Process

1. Contact us at [info@sleepunlimited.co.uk](mailto:info@sleepunlimited.co.uk) or visit our [shop](#) to arrange your assessment

2. Our friendly team will contact you with a link to complete the online assessment

3. The form is thorough but only takes around 30 minutes to complete at a time that is convenient to you

4. Your form comes back to our expert team. We use people (not algorithms) to analyse your data, which is treated with the strictest confidence

5. We write a personal report based on the answers you have given and make recommendations that when followed will help you to improve your sleep

6. We then arrange a follow up consultation with a sleep doctor to go through the findings and further support you





Sometimes, our assessment will show that an individual needs further support – for example, they may be going through a difficult time with which they need some help from a Psychologist. We have a growing network of Psychologists across the UK, who have received our training and to whom we can make referrals, enabling people to find someone in their local area who they can meet with face to face.

We also look out for conditions such as Sleep Disordered Breathing (Sleep Apnoea), and if we feel that someone needs further testing, we can either do this by referring to our Sleep Physiology Department or back to the GP.

We provide full details of any concerns there are in the report and will talk through this in the consultation, ensuring that the individual is aware of all the options they have.

# Feedback from iSleep®



*"I am sleeping much better and when pain issues are bad use the techniques advised."*

*"I have recommended a number of friends and have an improved quality of life."*

*"The Sleep Unlimited information and assessment have changed my life - literally."*

*"I would not have had the awareness or mental strength to do this (make changes) had it not been for Dr Lee's phone call in response to my email."*

*"I return to work next week after being off with stress, anxiety and complete burnout."*

*"The change to my well-being because of sleep routines and quality sleep is nothing short of remarkable."*

*"Sincere thanks for helping me get my life back!"*

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Please contact us at  
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0191 580 0008  
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We look forward to hearing  
from you

