

## Introducing the 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 renowned sleep expert – 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.



Complimentary copy of  
Teaching the World to Sleep, 2nd Edition is  
sent out to those who book a two day course.



## 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 Programme® 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 2023 REST® Training Programme

'I thought it was delivered really well. Really beneficial to both professional and personal life.' – *OT Mental Health.*

'Really helpful to understand the science behind sleep – easier to explain rationale to clients and patients.' – *OT.*

'Informative, new learning, stimulating, interactive and super responsive in answering questions.' – *GP.*

'Very relevant to Occupational Therapy and linking sleep as an occupation.' – *OT.*

'Very clear and engaging approach – had good analogies for different concepts and made it fun.' – *Neurologist.*

'Very engaging, good energy and funny!' – *OT in Crisis Team for Mental Health.*

'I found the content very helpful and wish I had this knowledge years ago.' – *OT.*

"The best training you can have in your career in mental health" – *Clinical Psychologist*

# 21 Years



## When are these training programmes and how much?

Live interactive Online Training Programme in 2024  
(9:30am – 4:30pm)

**Thursday March 7th & Friday March 8th**

**Wednesday May 1st & Thursday May 2nd**

**Thursday July 4th & Friday July 5th**

**Thursday October 3rd & Friday October 4th**

**Thursday November 7th & Friday November 8th**

**Thursday December 5th & Friday December 6th**

Price for Part 1 (or if booking Part 2 separately – must have attended a Part 1 already) - £160 (£192 incl. VAT)

Price for Part 1 and Part 2 – £300 (£360 incl. VAT)

## 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 details on this page for our courses in 2024) 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 license to use the R.E.S.T® assessment form to use with your clients.

## Part 3: Putting the REST Programme® into practice

Part 3 is 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](mailto: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.

Group bookings are available. For groups of 10 or more please contact [training@sleepunlimited.co.uk](mailto:training@sleepunlimited.co.uk).



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

Name	
Email address	
Telephone	
Professional background and Current field of work	
Date 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	Self Funded                      Employer*                      *PO number required.
Please provide any invoice instructions, including: Who to invoice, contact details and PO where relevant	
Where did you hear about the course?	

Please email to [training@sleepunlimited.co.uk](mailto: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 that there are places left on the course before submitting your payment as capacity is limited. Payment is via our shop or strictly by the date on your invoice to secure your place. Details of how to pay can be found on the invoice. Receipts will be sent with confirmation of your place on the course. One substitution of a delegate may be made at any time without cost by emailing us at [training@sleepunlimited.co.uk](mailto:training@sleepunlimited.co.uk). Cancellations must be received in writing. A refund of the course fee less a processing charge of £50 GBP 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 ensuring that you have the right equipment and internet connectivity to attend the course. You may move your place to another online course for a processing fee of £50 GBP 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 (Second editions) please follow this link: <https://www.routledge.com/Teaching-the-World-to-Sleep-Psychological-and-Behavioural-Assessment-and/Lee/p/book/9781032435138>

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. I agree not to record the training or allow other colleagues to attend without payment. Sleep Unlimited Ltd reserve the right to protect their Intellectual Property or to make additional charges where there has been a breach of these terms. 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 technical issues.

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