



Sleep Unlimited^{ltd}

Dates for 2024

Sleep well to Work Safely

An IOSH accredited training course by Sleep Unlimited Ltd.

Sleep Unlimited's fully qualified team use only evidence-based methods – and our REST Programme® training uses Cognitive Behavioural Therapy for insomnia (CBTI) – the National Institute for Health and Care Excellence (NICE) recommended guidelines for treating insomnia disorders.

The programme:

A day long course which has been designed for anyone working globally who may be experiencing or supporting employees with sleep problems. Effective and efficient learning basics covered in a single programme – no previous knowledge around the subject of sleep is required.

The course presents case examples from a range of people who have experienced disturbed sleep as a result of work-related stress, shift-working, working in safety critical environments and those experiencing jet lag (as well as normal groups and those presenting with primary insomnia).

- A day long, online interactive course, facilitated by a Sleep Doctor
- Informal, entertaining and thought-provoking training, with clear examples
- Workbooks supplied to support attendees with the implementation of learning
- Evaluation using a short question paper and a follow up risk assessment in the workplace (to be completed within a month of the training).
- IOSH Sleeping Well to Work Safely Certificate (CA1867)



Approved training provider 5048

Learning outcomes

- An understanding of the science of sleep.
- An ability to identify the different types of insomnias and parasomnias and how treatment can effectively manage common sleep problems.
- Awareness of behaviours which have a negative impact on sleep and how to manage these.
- The impact that shift-working has on sleep and adaptations which can be made to improve sleep in this at-risk group.
- Knowledge of the different types of Sleep Apnoea (sleep disordered breathing) and the health and safety implications of living with these conditions.

Who is this course suitable for?

Anyone and everyone working globally who has an interest in how improving sleep will lead to short and long-term health benefits and improved safety for individuals, and an increase in productivity, improved safety and a decrease in absenteeism.

What further support is there?

Having completed the course, attendees will have the tools to help their colleagues who have common sleep problems - but may identify individuals within their organisation who have more complex problems (e.g. sleep apnoea/sleep disordered breathing). Sleep Unlimited specialise in the assessment and treatment of these people's conditions and can offer further support if necessary.

An online day long course


Friday, February 9th 2024

Thursday, April 25th 2024

Thursday, October 17th 2024

Tuesday, December 10th 2024

Price per delegate £456 GBP Please complete the booking form at the end of this flyer and return to: training@sleepunlimited.co.uk



**“Improving sleep
will lead to short and long-term
and long-term
health benefits**

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Teaching the World to Sleep, Routledge publishing, Second edition.

Teaching the World to Sleep provides a complete, science-based overview of sleep and sleep problems, from environmental, legal, and technological factors to assessment and treatment options.

Dr David R. Lee introduces the basic scientific concepts involved in sleep and provides a clear description of insomnias and the parasomnias. Teaching the World to Sleep discusses NICE-recommended Cognitive Behavioural Therapy for Insomnia (CBT-i) and the REST programme® and outlines considerations for at-risk groups, sleep and the law, and the application of dreams and dreaming in psychotherapy. This second edition includes a full update on research conducted since the publication of the first edition and includes new information on sleep in the legal setting, the rise of sleep apps and trackers and their impact on our sleep. Dr Lee also considers neurodiversity, sleep in long Covid, rare and unusual sleep disorders and the delivery of treatment using the NHS-recommended stepped-care approach.



Sleep well to Work Safely: How to book

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

We encourage payment via our online shop www.sleepunlimited.co.uk/sleepunlimited-shop/ (Click here), where you can use a credit or debit card - a link will be sent out to you to do so. If an invoice is required for a bank transfer, please also fill out the last 2 boxes on the booking form fully to avoid delays.

Name			
Email address			
Telephone			
Professional background			
Current field of work			
How did you find out about the course?			
Date of course you wish to attend			
Number of tickets			
Payment via shop with a debit/credit card Yes/No: If No, please answer the next 2 questions fully.	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Payment method	<input type="checkbox"/> Self Funded	<input type="checkbox"/> Employer*	*PO document required.
including who to invoice, the invoice address, contact details to send the invoice and PO number where relevant			

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 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. 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 (Secon 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 in 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.

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provider
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