

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.

Group bookings are available. For groups of 10 or more please contact training@sleepunlimited.co.uk.



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

Sleep Unlimited Ltd

Celebrating 21 years of Sleep Unlimited

Introducing the R.E.S.T Programme®

Routine, Environment, Stimulation Control and Thinking – NICE approved interventions for insomnia.

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, and a license to use the REST Programme® resources for a year.

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, including chronic pain, depression, anxiety, menopause, long covid, neurodiversity and other comorbidities
- 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.
- Access to the REST Programme® resources via a license for a year following your attendance.

Name	
Work email address	
2nd/Personal email address	
Telephone	
Professional background/ Current field of work	
Date of course(s)	
Number of tickets and rate	
Where did you hear about this course?	
Payment method	<input type="checkbox"/> Self Funded <input type="checkbox"/> Employer* *PO number required.
Our company use a Purchase Order System	<input type="checkbox"/> Yes <input type="checkbox"/> No
Please provide any invoice instructions, including: Who to invoice, contact details and PO 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 you wish to attend before submitting your payment as capacity is limited. Payment is via card or BACS and strictly by the date on your invoice to secure your place. Details of how to pay are 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 charge by emailing us at training@sleepunlimited.co.uk. Cancellation must be received in writing. A refund of the course fee less a processing charge of £50 GBP will be made if Sleep Unlimited Ltd receive your cancellation on or before one calendar month before the course date. No refunds can be given after this time. Sleep Unlimited Ltd are not responsible for ensuring that you have the right equipment and internet connectivity to attend the course, including a camera which will be switched on during the course and a Zoom account. Please note that the training will be recorded – recordings may be used for Sleep Unlimited Ltd training purposes and are available to delegates for one calendar month after the training only. If anyone is deemed to be behaving in a dangerous or antisocial manner during the course (e.g. driving), Sleep Unlimited Ltd reserve the right to evict that attendee from the training and will not offer any refunds in this case.

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 that there may be a difference in course cost which may mean an additional charge.

You understand that this course is not designed as a train the trainer event, and the information that you receive during the REST® training remains the intellectual property of Sleep Unlimited Ltd and will only be used alongside your current practise to help clients and colleagues and the training will not be disseminated further. You will not be qualified to teach CBTi having attended this course. You agree not to record the training or allow other people 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 any issues on the day, then Sleep Unlimited Ltd staff will try and help you if we can.

The license agreement to use the REST Programme® resources must be signed before they can be released to you. The license is an individual contract with you and will be sent out with the joining instructions for Day 2.

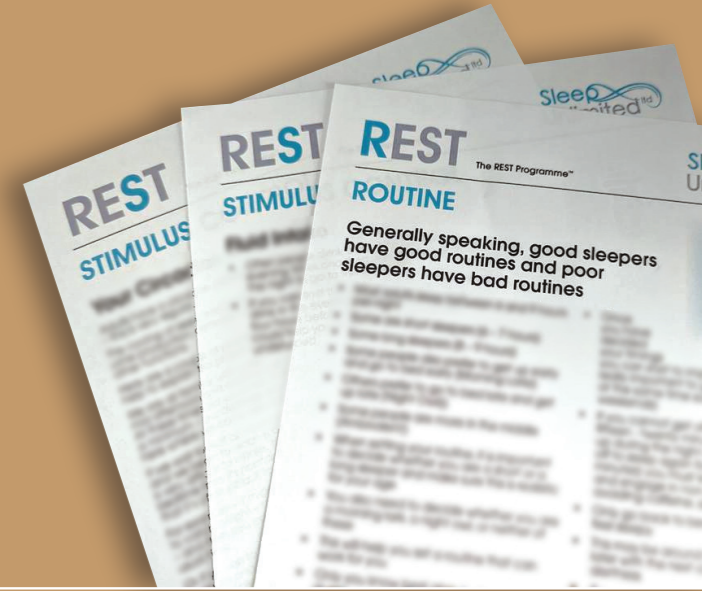
I have read, understand and agree to the terms and conditions for booking.

Sleep Unlimited Ltd

www.sleepunlimited.co.uk



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 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*

When are these training programmes and how much?

Live interactive Online Training Programme in 2025 (9:30am – 4:30pm)

Wednesday 5th & Thursday 6th February

Thursday 6th & Friday 7th March

Tuesday 6th & Wednesday 7th May

Thursday 23rd & Friday 24th October

Thursday 11th & Friday 12th December

Price for Part 1 (or if booking a Part 2 place separately, must have attended a Part 1 in the last 2 years) : £175 plus VAT

Price for booking the 2 day course - Parts 1 & 2: £320 plus VAT

Discounted rates for signing up to the REST® Resources license if booked with the training (please note, you must have completed both **days**).

REST® Resources license: £220 for the first year - £180 if booked with the Day 2 training, and instant access to the resources (exempt from VAT) – **please ask for our NHS / charity rates.**

Group supervision (Part 3): £85 plus VAT per person

Licence to use the REST Programme® Resources

After completing Parts 1 and 2 (please see front page for course content and details on this page for course dates in 2025) you will be given a license to use the REST Programme® resources for a year (you will need to sign the separate license document, which will be sent to you when you sign up).

This includes

- Use of the REST Programme® logo to advertise that you have completed the training and are
- licensed to use the resources.
- Handouts for your clients.
- Use of the REST Programme® assessment forms.

Group Supervision Sessions with Dr David Lee.

Our Part 3 is an invaluable half day group supervision session with Dr Lee that you can bring case studies to. We limit numbers to allow for discussion and to give you the opportunity to ask questions.

We will be in touch with you on completion of the REST Programme® training to offer you a first come first served place on one of our sessions.

Bespoke training:

If you have a larger team who would benefit from the REST Programme® training, please do contact us for details of our bespoke events. These follow the same format but can be tailored to focus on your client group.