

# Sleep in People with Complex Conditions

## An introduction to the assessment and management of sleep problems and insomnia in people who have complex conditions

This course is aimed at all professionals working with those who have complex and/or chronic conditions to manage in their lives, particularly the treating multidisciplinary team including: Case Managers, Neurorehabilitation Occupational Therapists, Physiotherapists, Psychologists, Nurses and other neurorehabilitation clinicians working in both paediatric and adult client groups, living either in the community or in care establishments.

### This day-long workshop will detail:

- The science of sleep
- Age-related changes in sleep
- Physiological and behavioural mechanisms which control sleep
- The assessment of sleep problems in people with complex presentations

- The use of evidence-based psychological and behavioural treatment interventions with proven efficacy and recommended by NICE
  - Cognitive Behavioural Therapy for Insomnia (CBTi)

### Special focus will be presented for both adults and children who are living with:

- Brain injuries
  - Chronic pain
  - Fatigue
  - Anxiety, depression and trauma-related distress
  - Medication side effects
  - Ongoing litigation
  - Family and professional caregivers
- Led by engaging sleep psychologist Dr David Lee.

### LIVE INTERACTIVE ONLINE TRAINING IN 2025:

One Day Course 'Sleep in People With Complex Conditions'

To be held via Zoom on:

**Monday 12th May or Monday 13th October 2025**

**from 9:30am to 4:30pm**

**Price: £175 (£210 incl. VAT) per person per day**

Please see our website for more details or contact our friendly team on [training@sleepunlimited.co.uk](mailto:training@sleepunlimited.co.uk).

**Sleep Unlimited** Ltd

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21  
Years

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# SLEEP ASSESSMENT AND MANAGEMENT

Monday 12th May & Monday 13th October 2025

For health professionals working in neurorehabilitation



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

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 and others who are interested in understanding the impact of sleep problems on the patients/clients they work with and how to assess and manage these to improve sleep, fatigue and performance. For groups of 10+ delegates, please contact us for bespoke training options.

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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?	
<b>Payment method</b>	<input type="checkbox"/> Self Funded <input type="checkbox"/> Employer* *PO number required.
<b>Our company use a Purchase Order System</b>	Yes No
<b>Please provide any invoice instructions, including: Who to invoice, contact details and PO where relevant</b>	

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 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](mailto: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 but are not responsible if our employees are not available to help you sign up to Zoom or if you have technical difficulties.

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

Sleep  
Unlimited Ltd