

Introducing the REST Programme® membership: Training and support for healthcare professionals using NICE approved interventions for insomnia.

Sleep Unlimited^{ltd}



Teaching the World to Sleep for 22 years

Whether you are an expert in your field or newly qualified, if you work with adults or children, or those with complex conditions, the **REST Programme® membership** supports you in this often neglected but highly important area of clinical practice. The REST Programme® enhances your professional development and improves your service - empowering you to improve the sleep of your patients/clients in order to boost their quality of life, health and wellbeing.

The REST Programme® is a two-part evidence-based sleep training programme taught by renowned sleep expert Dr David Lee.

The membership offers:

- REST Programme® two-day online training course (see overleaf for details).
- License to use the REST Programme® resources (which include assessment forms, handouts for patients/clients and the REST Programme® logo in digital/printable format - updated to include the latest research findings).
- Priority access to book onto group supervision sessions with Dr David Lee.
- Copy of 'Teaching the World to Sleep' (Routledge, 2nd edition) by Dr David Lee.
- Support from a large team of sleep experts - including referral for Apnoea testing, or for Actigraphy assessments for those with complex conditions (additional charges apply).

www.sleepunlimited.co.uk



Sleep Unlimited have been Teaching the World to Sleep for over 20 years, and are proud to support many charities, and to have worked with over 200 NHS Trusts, over 200 case management companies and over 500 organisations globally

Members of



The REST Programme®

Over the last 40 years Cognitive Behavioural Therapy for Insomnia (CBTi) has evolved into the most widely respected and highly regarded treatment for insomnia across the developed world. However, 1st generation CBTi treatments can lack sophistication in the assessment of clients with insomnia, providing a “one size fits all” treatment approach.

REST® 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 and avoiding unwarranted treatments. Using the REST Programme® is more likely to improve adherence and compliance, whilst being less cumbersome in delivery allowing for a more efficient and cost effective approach.

REST Programme® Parts 1 & 2 training

(run from 9.30am to 4.30pm online):

Part 1 – Sleep assessment and management:

- 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.

- A detailed assessment and formulation process.
- Examination of the NICE recommended process of cognitive behavioural therapy for insomnia 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.

Dates for 2026:

Day 1: 23rd April or 23rd Sept
Day 1 with a focus on complex conditions: 18th June
Day 2: 22nd May or 5th Nov

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100% of attendees agreed that the course was relevant to their personal practise and that it met their personal objectives for attending.

Part 3 group supervision sessions

(run from 9.30am to 12.30pm online):

Invaluable group supervision session with Dr Lee that you can bring case studies to. We limit numbers to allow for discussion and give you the opportunity to ask questions.

16th March 2026
6th October 2026

Lunch and Learn sessions: these are free of charge and aimed at those working with people who have sustained a life changing injury (run from 12 – 1pm):

27th January 2026
22nd April 2026
18th September 2026

Price list 2026:

Price for booking Part 1: £185 + VAT per person.

Price for booking the REST Programme® membership package (Parts 1 & 2, copy of Teaching the World to Sleep, access to supervision sessions, license to use the REST Programme® resources for a year: from £455 + VAT per person (discounted rates for those working in the NHS / charity sector). Please note that you will need to sign a separate license agreement. Group supervision with Dr David Lee – Part 3: £100 + VAT per person.

Tailored REST Programme® training: POA

If you have a larger team who would benefit from the REST Programme® training, please contact us for details by emailing training@sleepunlimited.co.uk These follow the same format as the open courses, but are tailored to focus on your client group.

'Absolutely personable and professional. Great to be able to interact and ask questions as we went along.'

'Extremely useful and relevant, with excellent reference to clinical evidence and practice based.'

'The teaching was excellent in all aspects of systematic application of knowledge and clear evidence-based practice.'

'I gained valuable and insightful knowledge over the two days and feel equipped to facilitate what I have learnt in supporting those patients on my case load that are experiencing difficulties with their sleep.'

'Highly relevant to the patients we support within our Community Mental Health Team.'

'Brilliant - clearly knows his topic inside out, engaging speaker. Very practical advice with strong links to evidence and science.'

'Everything was highly relevant and interesting and insightful.'

'Massive amount of learning gained, the structure and ability to translate theory to practice and implementation is going to be highly beneficial for my cohort of patients.'

'Having knowledge of advanced dementia from David provided understanding of the challenges in supporting this cohort and has provided me with much needed guidance to support practice.'

'Dr David Lee had an engaging and energetic presentation style that captured my full attention and maintained my engagement throughout the two days.'

How to book:

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 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 and REST Programme® membership.

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.

Name			
Work email address			
2nd/Personal email address			
Telephone			
Professional background/ Current field of work			
Date of course(s)			
Postal address for the membership book:			
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	Yes	No	
Please provide any invoice instructions, including: Who to invoice, contact details and PO where relevant			

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 may 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.

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