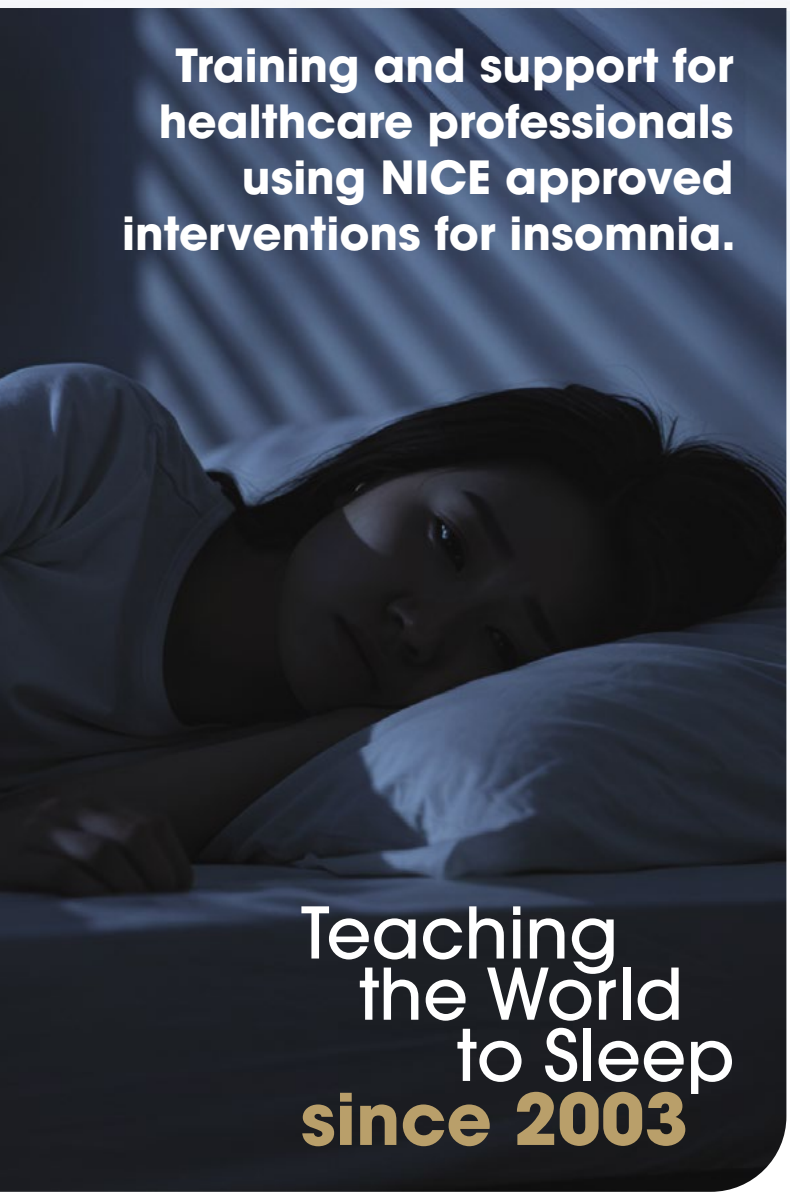
The REST Programme® Membership

Sleep Unlimited ltd

Training and support for healthcare professionals using NICE approved interventions for insomnia.



Teaching the World to Sleep since 2003

Sleep is the foundation stone for all other occupations. The REST Programme® supports you in this often neglected but highly important area of clinical practice, enhancing your professional development and improving your service. You will be empowered to improve the sleep of your patients/clients - boosting their quality of life, health and wellbeing. The programme is suitable for all healthcare professionals working with all client groups including children, adults and those with complex conditions.

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 includes 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).

Members of:

BABICM Member · UKABIF · ICO. REGISTERED · Bond Solon · British Sleep Society · Vocational Rehabilitation Association · IRCM SUPPORTER · The British Psychological Society · World Sleep Society · iosh

Sleep Unlimited are proud to support many charities, have worked with over 200 NHS Trusts, over 200 case management companies and over 500 organisations globally.

www.sleepunlimited.co.uk

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

Part 1 – Sleep assessment and management (one day training, see dates to choose from overleaf):

- Introduction to and purpose of sleep
- Sleep problems in long term conditions, including chronic pain, depression, anxiety, menopause, long covid, neurodiversity and other comorbities
- 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 (one day training – see dates to choose from overleaf. Please note you must attend a Part 1 before attending Part 2):

- 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



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

Dates for 2027

Training runs from 9.30am to 4.30pm online:

Part 1: Choose from

March 18th
September 16th
or November 11th

Part 1 with a focus on complex conditions:

May 20th.

Part 2: Choose from

April 15th
June 24th
October 7th
or December 9th.

Price for booking the REST Programme® membership package (Parts 1 & 2 and licence): from £470 + VAT per person.

Part 3 group supervision sessions

(run from 9.30am to 12.30pm online):

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

July 8th and November 4th, 2027

Group supervision with Dr David Lee – Part 3: £100 + VAT per person.

Tailored REST Programme® training:
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
This training follows the same format as the open courses but is tailored to focus on your patient/client group.

www.sleepunlimited.co.uk

Feedback from some of our 2026 courses:

"Brilliant invaluable training overall, I would strongly advice that all Occupational Therapists should complete it as it so relevant to function, engagement and well-being."

"Absolutely loved the presenter's style. He was very funny and informative whilst bringing it all to life. Sometimes online training can drag along but not with Dave.....he's a force of nature, charismatic and engaging. Thank you."

"Really, really brilliant training. David is so engaging, his knowledge is (of course) impressive but how easily he communicates it and breaks it down is amazing. From only day 1 I feel so much better informed about sleep, but also genuinely enthusiastic about promoting the information and keen to learn more."

"Amazing training. Dave is so knowledgeable, funny and engaging. Quite honestly the best training I have ever done."

"What you learn is so practical and useful, it's evidence-backed and everything Dave suggested has been very successful for me/friends/family so far. Everyone should do the REST course!"

"Dr David Lee delivered a great presentation over the 2 days. Very informative and interactive."

"Both days really useful and relevant - I found time spent on everyday scenarios very helpful. Case studies are always great."

"This was the best training I have been on. It was so interesting and well delivered."

"One of the best trainings I have attended. I found this invaluable and Dr Lees presenting style was amazing. He made the course engaging, interesting and so valuable. I would highly recommend. This course has really developed my standard of practice."

"Really insightful training that I will easily be able to apply to my own practice. Thank you."

"The whole course was super interesting, I thoroughly enjoyed it. It linked well to my area of practice."

"The training was really engaging, thoroughly enjoyed it. looking forward to implementing into my practice."

"Dr Lee was a great presenter, kept us all engaged really well. It can be hard to sit on a video training all day, but Dr Lee was enthusiastic and kept our attention. Really interesting information and I really enjoyed it. Thank you."

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 (for those booking onto Part 2):	
Where did you hear about this course?	
Payment method	☐ Self Funded ☐ 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 booking form 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 vreceive 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.

Sleep Unlimited ltd