

# Successful Sleep

Providing resources, education and clinical support to improve sleep and enhance mental wellbeing

## Who is the program for?

Patients with sleep difficulties including chronic insomnia, interrupted sleep, sleep apnoea and related mental health conditions.

## Program content

A sample of topics included in the program:

- Education about normal sleep and sleep difficulties
- Practical tips for getting a good night's sleep
- Sleep hygiene education
- Sleep monitoring
- Behavioural strategies
- Cognitive techniques
- Stimulus control
- Relaxation training
- Nightmare rescripting

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### About the program

This program is designed for people who are experiencing sleep difficulties or chronic insomnia and would like practical help in learning strategies for addressing these issues. Patients participate in the Cognitive Behaviour Therapy (CBT) based group program one afternoon per week and are required to keep sleep diaries (supplied) to monitor their sleep throughout the duration of the program and track changes after the implementation of the skills they learn. Patients who have been treated for sleep apnoea may also find this program beneficial.

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### When is it held?

Please enquire with North West Private Hospital's Rivendell Clinic treatment team.

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### How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to North West Private Hospital.

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### How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with North West Private Hospital.

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