

INFORMATION FOR HEALTHCARE PROFESSIONALS

R.E.S.T.™ stands for :

**Routine, Environment,
Stimulation Control and Thinking,
and has been developed as a
second generation
Cognitive Behavioural Therapy
for Insomnia (CBTi).**



Cognitive Behavioural Therapy for Insomnia (CBTi) has evolved over the last 40 years 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, pre-existing CBTi treatments can lack sophistication in the assessment of clients with insomnia and so generally provide a 'one-size-fits-all' treatment approach.

R.E.S.T.™ uses the well-established efficacious treatment elements of CBTi. However, the R.E.S.T. programme™ improves upon traditional CBTi by providing a detailed and comprehensive assessment procedure, informing bespoke treatment, which is tailored to each client's specific sleep problems.

The personalised treatment provided to each client is specific to them; avoiding unwarranted treatment and focusing only on the factors relevant to the client. As such, the programme is more likely to improve adherence and compliance. It is also less cumbersome in terms of delivery, making the approach more efficient and cost-effective than previous first-generation CBTi approaches .

License to use The REST Programme™

After completing the foundation and advanced courses (see opposite for course content and details of the next events), you may use the concepts of the REST Programme™ in your practise.

Should you wish to use the REST Programme™ assessment form we require you to sign up for a license to do so. This is free for use in the NHS and charitable/not-for-profit organisations. We have three levels which form an agreement between us and you and for which you sign up for a year at a time.

Level One – use of the REST Programme™ logo to advertise that you have completed the training course. Handouts for your clients.

Level Two – use of the REST Programme™ logo to advertise that you have completed the training course. Handouts for your clients. A pdf of the REST Programme™ assessment form to use with your clients.

Level Three – use of the REST Programme™ logo to advertise that you have completed the training course. Handouts for your clients. A pdf of the REST Programme™ assessment form to use with your clients. Use of our iSleep™ online assessment and report for your clients.

Please contact us for further details:

info@sleepunlimited.co.uk | www.sleepunlimited.co.uk | 0191 580 0008

Feedback from attendees of the 2019 REST training programme™:

‘This course has been so useful and interesting. I have learnt information and techniques I’ll use in my practice. It has been most useful to have the evidence base for practice, which is so important.’

‘Engaging presenter and great material – I can immediately recognise the benefits this will bring to clients.’

Really excellent course – useful, practical, relevant, well presented. Really like the R.E.S.T. structure – a good framework and I can see how it can enable a tailored approach. Excellent value training for me – glad I found you!’

‘First course in a long time that has seemed genuinely fresh and interesting.’

‘I have thoroughly enjoyed the past 2 days training and have no hesitation in recommending the course to colleagues.’

‘Really engaging, encouraging, really like the presentation style, very inclusive of all professions.’

‘I feel empowered to get started...engaging and entertaining and the passion was contagious.’

‘Fantastic and well worth the money paid. One of the best courses I’ve done – very practical and empowering.’

Course Content:

DAY ONE: SLEEP ASSESSMENT AND MANAGEMENT - FOUNDATION COURSE

This event 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. It is led by engaging sleep psychologist Dr David Lee. The programme includes:

- Introduction to and purpose of sleep
- Sleep problems in long term conditions, chronic pain, depression, anxiety and other co-morbidities
- 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

DAY TWO: ADVANCED ASSESSMENT AND TREATMENT STRATEGIES FOR PEOPLE WITH INSOMNIA

Participants in this session will be able to recognise the presence and importance of sleep in their various clients and will be given strategies to manage their clients sleeping problems more effectively. This training is only open to those who have completed our one-day foundation course in sleep assessment and management. The programme 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

Live interactive online training: 9.30am – 4.30pm

Foundation day available on **9th October** or **6th November 2020**

Advanced day available on **10th October** or **7th November 2020**

Price for one day course - **£95 (£114 incl. VAT)** Price for both days - **£190 (£228 incl. VAT)**

Training across the UK:

4th and 5th of December 2020

Venue: The Edinburgh Training and Conference Venue, St Mary's Street EH1 1SU

4th and 5th of June 2021

Venue: The Studio, 7 Cannon Street, Birmingham, B2 5EP

5th and 6th of November 2021

Venue: The Engineers' House, Bristol, BS8 3NB

One day early bird rate £145 (£174 incl. VAT)
One day standard rate £165 (£198 incl. VAT)
Price for booking both courses early bird £240 (£288 incl. VAT) and standard £300 (£360 incl. VAT)

2nd and 3rd July 2021

Venue: The Wesley, 81-103 Euston Street, London NW1 2EZ

One day early bird rate £160 (£192 incl. VAT)
One day standard rate £180 (£216 incl. VAT)
Price for booking both courses early bird £262.50 (£315 incl. VAT) and standard £322.50 (£387 incl. VAT)

To book, please call us on 0191 580 0008, email info@sleepunlimited.co.uk, send us your booking form in the post (details overleaf), or book online at www.sleepunlimited.co.uk/next-courses

Price includes a copy of Dr Lee's book 'Teaching the World to Sleep'

Booking Form:

Please make sure to book early – the number of places are limited to allow interactive sessions.

Day One – Sleep Assessment and Management

For 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 patients/clients they work with and how to assess and manage these to improve sleep, fatigue and performance.

Day Two – Advanced assessment and treatment strategies for people with insomnia

For health and social care professionals. This course is open to those who have attended our foundation course or who are booking onto the foundation course at the same time.

Name Mr/Mrs/Ms/Dr/Other (please state)	
Email address	
Correspondence address	
Post code	
Telephone	
Professional background	
Current field of work	
Date and venue of course(s)	
Number of tickets and rate	
Total enclosed	
If you are applying for the advanced course only, please give the date and venue of the foundation course attended	

You are strongly advised to check there are places left on the course before submitting your payment as capacity is limited.

Early bird rates apply to bookings made one calendar month before the course.

Payment by the date on your invoice in the following ways: BACS Barclays Bank PLC sort code 20-40-09 account number 23858375 or by cheque made payable to Sleep Unlimited Ltd and sent to PO Box 269, Consett, DH8 1HA. Receipts will be sent with confirmation of your place on the workshop.

Cancellation: substitution of delegates may be made at any time without cost by emailing us at info@sleepunlimited.co.uk or calling 0191 580 0008. Cancellations must be received in writing. A refund of the course fee less a processing charge of £25 will be made if the Sleep Unlimited office receives your cancellation on or before one calendar month before the course date. No refunds can be given after this date. Sleep Unlimited are not responsible for delegate travel and accommodation expenses should the event be cancelled.

To order a copy of Teaching the World to Sleep please follow this link: <https://www.routledge.com/teaching-the-world-to-sleep-psychological-and-behavioural-assessment-and//p/book/9781782203452>