GRYPHON PSYCHOLOGY

The Better **Sleep program**

TROUBLE GETTING TO SLEEP? • WAKE UP THROUGHOUT THE NIGHT? • TOO EARLY?

Poor or unrefreshing sleep often results from psychological causes such as stress, anxiety and depression. The three most common patterns are:

- Trouble getting to sleep.
- Waking up frequently throughout the night.
- Waking too early in the morning.

The Better Sleep program is designed to help individuals who feel they are not getting enough sleep, or do not feel refreshed when they awake. It provides practical steps to assess sleep and to address the most common causes of poor sleep.

The Better Sleep program is based on the scientifically proven *Cognitive Behaviour Therapy for Insomnia* (CBT-I) approach to managing insomnia. CBT-I focuses on three major objectives:

- Identifying and eliminating ineffective sleeping habits.
- Reducing sleep related anxiety and other psychological issues that disrupt sleep.
- Addressing dysfunctional beliefs and attitudes that increase arousal and make sleep difficult.

The program is based on a comprehensive manual that contains:

- Information on sleep and its importance.
- A full range of assessments that will determine what issues are making sleep difficult.
- Specific strategies to address the above issues.
- Practical advice to address common psychological problems such as stress, anxiety and depression that cause poor sleep.

The program is provided by qualified clinician with training in delivering the program and in treating individuals with sleeping problems.