

GROUP COUNSELLING SLEEP SKILLS GROUP

The Sleep Skills Group is a form of treatment designed to provide sleep knowledge and effective coping skills to help you sleep as soundly as possible. The group meets weekly for seven weeks. The group is based on principles of cognitive-behavioral therapy for insomnia (CBT-i), which has been proven in scientific studies as a highly effective treatment for insomnia. For many people – even those with chronic or severe insomnia – CBT-i treatment is an effective alternative to sleeping pills.

Cognitive behavioral therapy helps you change the thoughts (cognitions) and actions (behaviors) that interfere with your ability to get restful sleep. Therefore, it requires an adjustment, as with learning any new skill, because it asks you to change how you think about and schedule your sleep.

The techniques that will be introduced in the Sleep Skills Group sound simple, but making them work well usually requires the coaching of a therapist and practice on the part of the patient. To pave the way for better sleep register in the Sleep Skills Group.

Dates: Thursdays starting 19 April 2018
Time: 10-12 AM
Where: UNCAF
Registration: Pre-registration is required for attendance
Size: Limited to 16 participants; please register early to ensure placement

CBT-I TECHNIQUES

1

Assessment &
Sleep Diaries

2

Sleep Hygiene

3

Stimulus Control

4

Sleep Restriction

5

Relaxation

6

Cognitive
Restructuring

7

Relapse Prevention

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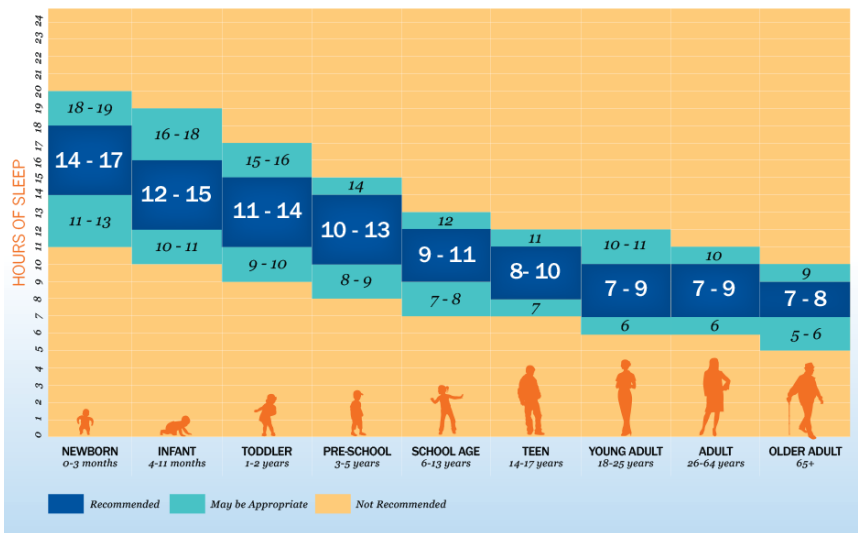


IMPROVE YOUR WELLBEING WITH BETTER SLEEP

Sleep is a vital indicator of overall health and well-being. Getting a good night's sleep helps protect both your

psychological and physical health, improves your quality of life and supports growth, development and repair. These are key elements to maintain during your recovery after crisis.

SLEEP DURATION RECOMMENDATIONS



To begin a new path towards healthier sleep and a healthier lifestyle, begin by assessing your own individual needs and habits. See how you respond to different amounts of sleep.

Pay careful attention to your mood, energy and health after a poor night's sleep versus a good one. Ask yourself, "How often do I get a good night's sleep?" Like good diet and exercise, sleep is a critical component to overall health.

If you are experiencing symptoms such as sleepiness during the day or when you expect to be awake and alert, if you don't sleep properly, or have memory problems, dizziness and headaches, short temper, weight gain, prolonged insomnia or another symptom that is preventing you from sleeping well; you should consult your counsellor, and register in the Sleep Skills Group.

BENEFITS OF A GOOD NIGHT SLEEP

1

Lowered risks of heart attacks or strokes

2

Gives you more energy

3

Lifts your overall mood

4

Increases your mental focus

5

Increases your immune system

6

Increases your overall productivity

Please speak to your counselor if you are interested in joining the group, or call +967-712222437 for further information.