

## Are you ready to make changes?

The sessions use the basic principles of Cognitive Behavioural Therapy and each week will explore managing aspects of your insomnia through the use of techniques such as relaxation, worry control and recommended practices for a good nights sleep.

### Attendance

You will gain the greatest benefit by attending all 6 sessions and returning for the follow-up session to talk about your experiences and share key tips with fellow group members.

### What we need from you

**Motivation and effort:** Following the advice in the programme is key to success. Improvements can take time, do not expect change in the first few weeks. Be patient.

**Support:** Let others around you know what you are planning to do, it can be a big change to you and family.

**Recognise change:** To improve the quality of your sleep by using a self management approach. Change will happen gradually.

## Our commitment

Our aim is to provide high quality, effective therapies to enable the people of Portsmouth who are experiencing mental distress, to acquire the knowledge and develop the skills that will help them make positive and lasting change.

If you have any questions or concerns, you can contact us for further information:

### Talking Change

Psychological Services (Primary Care)  
8F The Pompey Centre  
Fratton Way  
Portsmouth  
PO4 8TA

**Tel:** 02392 892920

**Fax:** 02392 892947

[www.talkingchange.org.uk](http://www.talkingchange.org.uk)

We adhere to the NHS Records Management Policy and the Data Protection Act in maintaining both paper and electronic patient records. Your confidentiality is very important to us and all staff have a legal duty to maintain the highest standards, further information is available on request. You can get this information in large print, Braille, audio or in another language by calling 023 9268 4818.



Portsmouth  
CITY COUNCIL

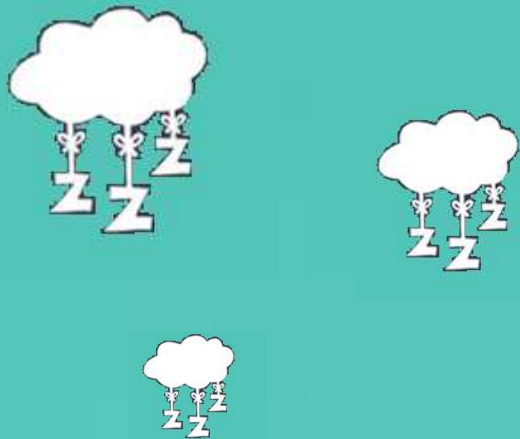
TALKING  
CHANGE

# Desperately seeking sleep?

# TALKING CHANGE

Solent   
NHS Trust

# We spend on average a third of our lives asleep



Sleep is often seen as a time when the body is un-active, however sleep is an active period in which we rest and our body is able to renew the energy used during the day.

Just as many people need different size shoes they may need different amounts of sleep.

## How much sleep?

New born	12 - 18 hours
1 year +	13 - 14 hours
Teenagers	8 - 12 hours
Adults	7 - 8 hours
Older Adults	6 - 7 hours

Adults on average need anything from 5-11 hours a day.

Just like the characteristics you are born with, the amount of sleep you need to function best may be different for you than for someone who is of the same age and gender.

Each persons "sleep timer" is set slightly differently; some people function best in the mornings, others best in the evenings, many of us are somewhere in between.

Its important to pay attention to your own individual needs by thinking about how you feel on different amounts of sleep.

## What is insomnia?

Insomnia is defined as a chronic inability to fall asleep or to enjoy uninterrupted Sleep`. Once a sleep problem has developed, there are common behaviours and habits which we adopt in order to cope which can make matters worse.

Depending on the type of sleeping problem you have, symptoms of insomnia can include:

- lying awake for a long time at night before falling asleep
- waking up several times in the middle of the night and being unable to get back to sleep
- waking up early in the morning and being unable to get back to sleep
- feeling tired and not refreshed by sleep
- not being able to function properly during the day.

## What do we do?

At **Talking Change** our self manage programme will help you break the vicious cycle of insomnia by teaching you skills and methods which control insomnia.

Our Emphasis is not on curing your insomnia, but rather self managing your sleep problems which will help to decrease your sleep difficulties and increase your satisfaction with sleep.

We will work on reducing worry, anxiety and feelings of fear that you won't sleep.