

Cognitive behavioural therapy for insomnia (CBT-I)

This leaflet explains more about the non-pharmacological treatment for insomnia. If you have any further questions, please contact the Sleep Disorders Centre.

What is CBT-I?

CBT-I is a nationally recognised, evidence-based five-week programme which uses a range of strategies to improve sleep quality. Originally designed for people experiencing insomnia, the programme delivers useful information for people with a range of sleeping problems.

What does the programme involve?

The programme is delivered over five sessions, which may or may not be held on consecutive weeks, with each session lasting for up to one and a half hours. The information is delivered to groups of up to ten people, but the sessions are not 'group therapy' and you are not obliged to share any personal information.

The techniques used are based on cognitive behavioural therapy (CBT) and aim to help people to fall asleep and stay asleep, as well as help with physical and mental relaxation. You are able to start putting the information in practice straight away and will be asked to keep a sleep diary throughout the programme to record difficulties and progress. The aim is for you to achieve a natural sleep tailored to your own individual sleep needs.

Who can attend the group?

Patients of Guy's and St Thomas' Sleep Disorders Centre, who were diagnosed with insomnia and have been referred for CBT-I by a member of the team, can attend the group.

Where do I need to go?

The Sleep Disorders Centre, Third Floor, Nuffield House, Guy's Hospital, London SE1 9RT.

It is important that you are able to commit to all five dates detailed in your letter. If you cannot attend all five dates, you must contact the team immediately to discuss this and we will do our best to help you. It is important to arrive at the sessions on time, so please ensure that you allow for possible unexpected delays to your journey.

Does it cost anything?

The programme's cost is covered by the NHS. If you are eligible to claim travel expenses or need hospital transport, please speak to a member of staff.

What do I need to bring with me?

We will provide you with sleep diaries and handouts during the course. However, please bring a pen and paper to make your own notes. You will also need a calculator or a smartphone with calculator function to do the diaries.

Useful sources of information

Contact us

The Sleep Disorders Centre, Third Floor, Nuffield House, Guy's Hospital, London SE1 9RT
t: 020 7188 3430

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.guysandstthomas.nhs.uk/leaflets

NHS website – insomnia

<https://www.nhs.uk/conditions/insomnia/>

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748, Monday to Friday, 9am to 5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111 **w:** 111.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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