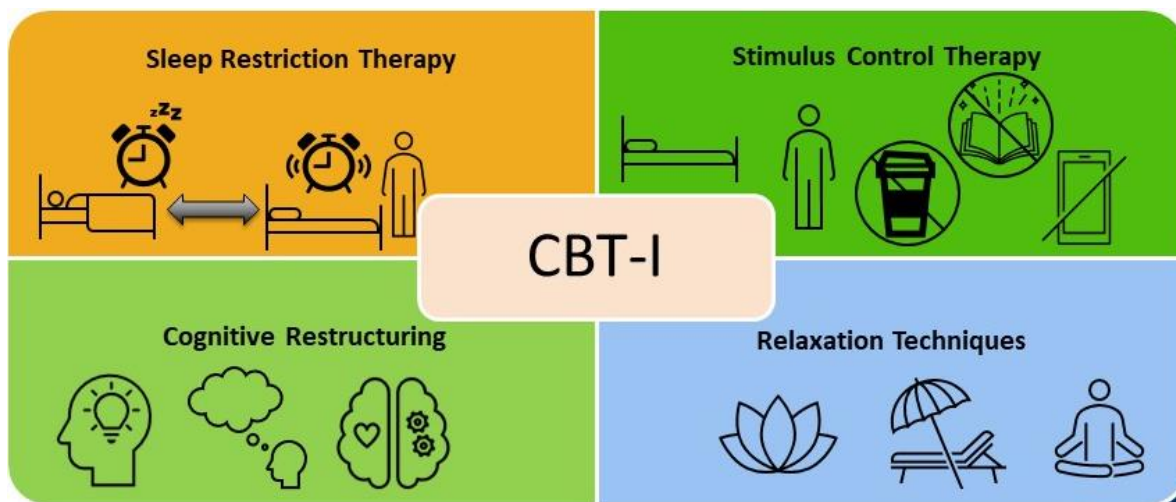


QFHT SLEEP THERAPY PROGRAM

Do you have difficulties falling asleep or staying asleep? Is it impacting your functioning or causing you significant distress? Do you feel fatigued all the time? Has this been going on for more than three months? If so, you may be suffering from chronic insomnia, and we can help!

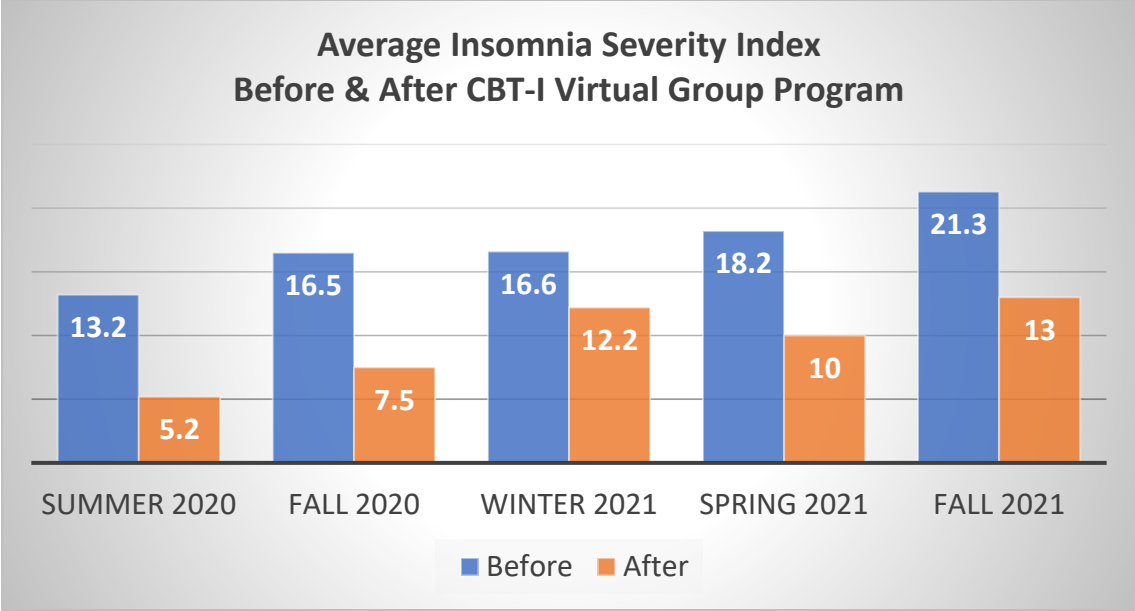
Chronic insomnia is a common sleep disorder, estimated to affect at least 10 to 15 per cent of the general population.¹ Many individuals with chronic insomnia sometimes feel hopeless, as they have not responded well to many different sleep-hygiene techniques and medications. In response to this demand, QFHT allied health staff members Cynthia Leung, pharmacist, and Erin Desmarais, social worker, along with Kingston-based sleep expert Dr. Judith Davidson, developed and started delivering a sleep therapy program in 2018.

The QFHT's sleep therapy program is based on a Cognitive Behavioural Therapy for Insomnia (CBT-I) approach, which is the recommended first-line treatment for chronic insomnia.² Our program employs various strategies to help individuals restore their biological sleep processes. It comprises four main components: sleep restriction therapy, stimulus control therapy, cognitive restructuring, and relaxation techniques.



Participants learn a set of techniques such as scheduling time in bed, as well as strategies to deal with thoughts that interfere with sleep. When these techniques are used together, we have observed 80 to 85 per cent of patients experience significant improvements. The benefits include less time required to fall asleep, more time spent asleep, and waking up less often during sleep.³ Results are often maintained over time. Participants wishing to come off their sleep medications also have the option to work with our pharmacist for an individualized tapering plan.

We also track participants' sleep progress by measuring the Insomnia Severity Index before and after the program. For individuals who have completed the program, we can consistently see reduction in this index, which suggests an improvement in sleep.



If you are interested in learning more about this program, please speak with your physician to submit a referral. We also recommend the following self-help resources⁴:

<p>Books:</p> <ul style="list-style-type: none"> • Sink into Sleep. A Step-by-Step Workbook for Reversing Insomnia • Quiet your Mind and Get to Sleep: Solutions to Insomnia for those with Depression, Anxiety or Chronic Pain • The Insomnia Workbook 	<p>Online Resources</p> <ul style="list-style-type: none"> • www.mysleepwell.ca • www.sinkintosleep.com • www.sleepnitcanada.ca • www.deprescribingnetwork.ca
<p>Online CBT-I</p> <ul style="list-style-type: none"> • Go! To Sleep • SHUTi (now Somryst) • HALEO • Sleepio 	<p>Apps</p> <ul style="list-style-type: none"> • CBTi Coach
<p>Resources for Youth Sleep Problems</p> <ul style="list-style-type: none"> • Book: Goodnight Mind for Teens • Website and app: www.dozeapp.ca • Online Program: www.betternightbetterdays.ca 	

Article provided by the QFHT's Erin Desmarais, MSW, and Cynthia Leung, RPh.

1. Morin et al. Prevalence of Insomnia & its treatment in Canada. *Can J Psychiatry* 2011; 56(9):540-548
2. Qaseem A et al. Management of Chronic Insomnia Disorder in Adults: A Clinical Practice Guideline from the American College of Physician. *Ann Intern Med* 2016; 165: 125-133
3. Traumer et al. Cognitive Behavioral Therapy for Chronic Insomnia: A Systematic Review and Meta-analysis. *Ann Intern Med* 2015 Aug 4;163(3):191-204
4. Insomnia Interventions Self-Help Resources, Queen's University Continuous Professional Development 2021