

Sleep Therapy Group Program



Queen's
UNIVERSITY Family
Medicine

Facilitated by: Erin Desmarais, MSW, RSW
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This free, six-week group program via Zoom introduces cognitive behaviour therapy for insomnia. The program will discuss cognitive and behavioural strategies to allow biological sleep processes to operate without interference.

MAIN COMPONENTS INCLUDE:

- Sleep Restriction Therapy
- Stimulus Control Therapy
- Cognitive Restructuring
- Relaxation Techniques

INDIVIDUAL ASSESSMENT:

To determine if this program is right for you, interested patients will be invited to attend an online assessment followed by a phone appointment to review with the facilitator, if appropriate. Patients who meet the criteria will be invited to register for the program.

SIX-WEEK ZOOM PROGRAM:

THURSDAYS:

Jan. 26 – Mar. 2, 2023

5:30 - 7 p.m.

Participants should have access to a valid email address and internet connection; and a device with webcam, microphone, and speaker.

WEEK 1:

Introduction to Sleep

WEEK 2:

Reconnecting Your Bed with Sleep

WEEK 3:

Consolidating Your Sleep

WEEK 4:

Relaxing Your Mind and Body

WEEK 5:

Putting It All Together

WEEK 6:

Maintaining Your Progress

Patients interested in reducing or tapering off their sleep medications will have the option to discuss this component of the plan with the pharmacist.

For more information, please speak to your primary health-care provider.