

Sleep Therapy Group Program



Department of Family Medicine
Queen's Family Health Team

Facilitated by:
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This free, six-week group program 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 SESSION:

- Interested patients will be invited to attend an individual assessment session to:
 - Complete screening forms
 - Review information from sleep diaries
 - Assess if program is right for you

SIX-WEEK PROGRAM:

Wednesdays: Sept. 11 - Oct. 16, 2019
5 p.m. to 6:30 p.m.
Queen's Family Health Team
115 Clarence St. (Haynes Hall)
Basement Boardroom

After attending an individual assessment session, patients who meet the criteria and are interested in participating can register for the six-week program:

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.