Teaching the World to Sleep

Sleep Screening Questionnaire:

The following questions are designed to find out if you have any issues with your sleep. All should be answered with a 'yes' or 'no' – if you answer yes to two or more of these questions, then it is recommended that you take action to improve your sleep. Please see our Sleep Tips sheet which may help – but if you feel that you are struggling by yourself, then please do contact us.

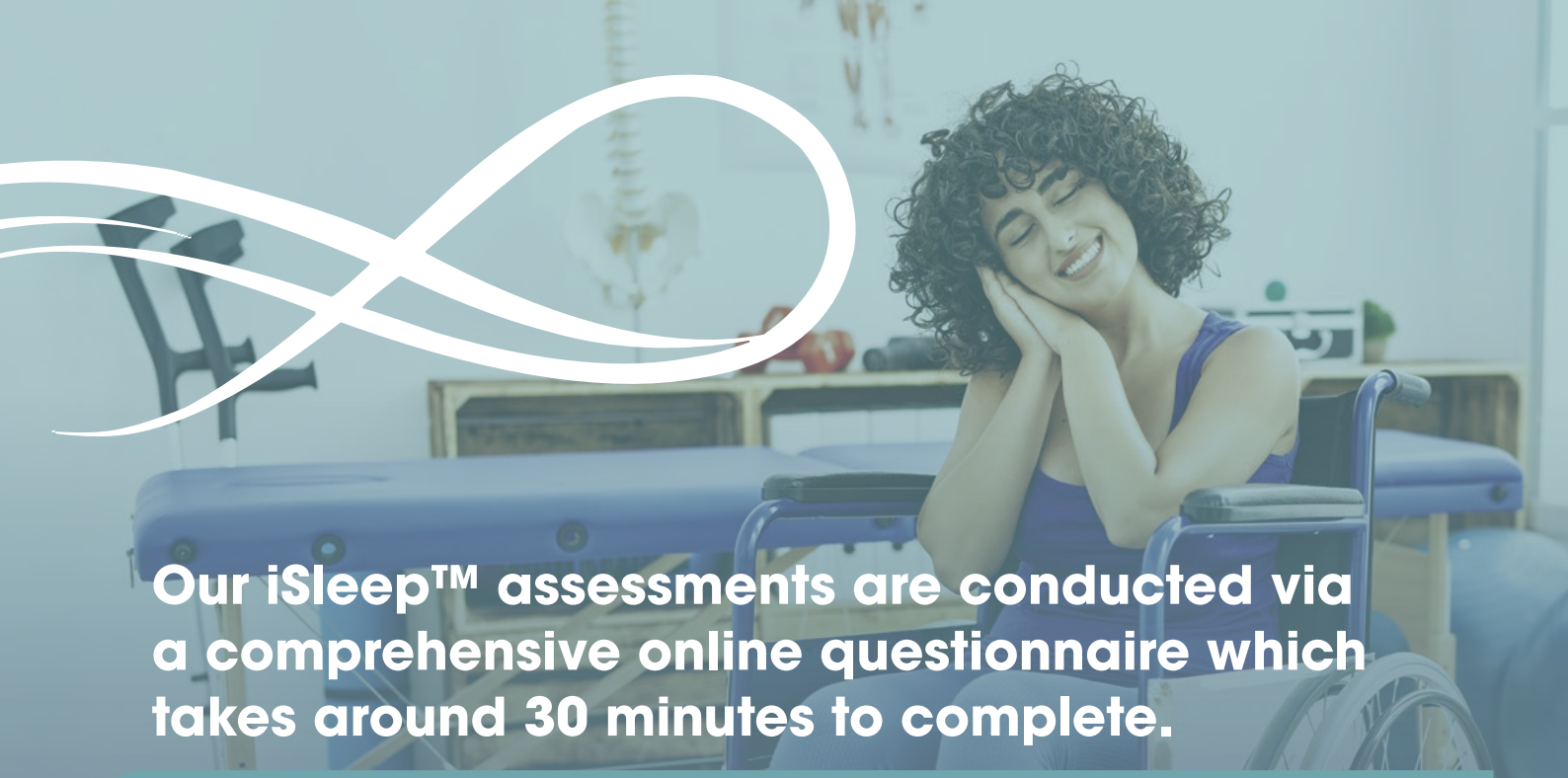
Do you feel tired during the day?	Yes ☐	No ☐
Do you take more than 30 minutes to get to sleep at night?	Yes ☐	No ☐
Do you sleep for less than 6 hours a night?	Yes ☐	No ☐
Do you wake up in the middle of the night and struggle to get back to sleep?	Yes ☐	No ☐
Do you struggle getting things done during the day?	Yes ☐	No ☐
Do you lack energy during the day?	Yes ☐	No ☐
Would you say that you are unhappy?	Yes ☐	No ☐

Please contact us if you or anyone you know needs any help with sleep:

21 Years

PO 570, Gateshead NE8 9GF
0191 580 0008
info@sleepunvlimited.co.uk
www.sleepunlimited.co.uk

Sleep Unlimited ltd



Our iSleep™ assessments are conducted via a comprehensive online questionnaire which takes around 30 minutes to complete.

Our Sleep Psychology team analyse the data and write a detailed and personal report which pinpoints the problem areas for you. You are provided with an iSleep™ workbook with this report, relevant tailored advice and information which is followed by a consultation with one of our Doctors to go through the findings, support you further and talk about onward referral if indicated.

The report will contain recommendations which may include:

- Guidance on seeking medical advice (if an underlying health condition is suspected)
- Sources of further information
- Details of any other treatments or services which we feel may help you – we can refer to the NHS or to clinicians in private practice according to your wishes.
- Some clients who have more complex problems may require further specialist treatment. The REST Programme™ is a bespoke treatment programme incorporating evidence-based cognitive behavioural therapy for insomnia (CBTi) which is the NICE recommended treatment for insomnia disorder. It is clinically effective across the population including those having problems with mental health, pain and brain injury and for both adults and children. We have a UK wide network of Clinical Psychologists who have received our training and to whom we can make referrals.

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