

## **The Treatment Programme**

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To treat long-term insomnia requires commitment. The Insomnia Treatment Programme takes clients through an intensive five week treatment programme. The programme also includes follow-ups to monitor client progress.

Treatment in the programme consists of:

### Objective Sleep Measurement

A sleep study will measure your sleep overnight in your own home.

### Group Education Session

Information about normal sleep and insomnia is discussed. All clients receive presentation notes and a copy of the book "Insomnia: How to sleep easy" to take home.

### Individualised Assessment

Detailed individual assessment of your insomnia is taken by your clinician.

### Individualised Treatment

Using the individualised assessment, your clinician develops a plan specific to your needs. Your clinician will continue to provide support personally and through telephone and email contact throughout your treatment. From the Insomnia Treatment Programme, clients gain knowledge and skills that will help them to continue to manage their sleep in the long term.

## **Fee Structure**

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The fee for the full three month programme is \$410 (conc. \$290).

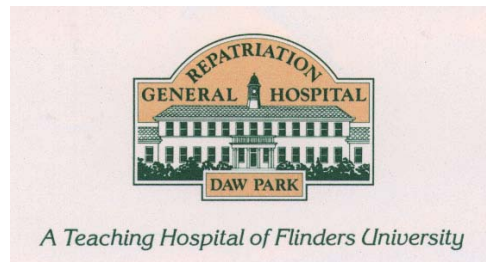
- Medicare rebates apply upon referral with a Mental Health Care Plan from a GP. A single Medicare gap of \$75 applies.
- Private medical insurance rebates may apply.
- Entitled veterans are treated at no charge.

## **For More Information**

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To book into the programme or for more information please contact:

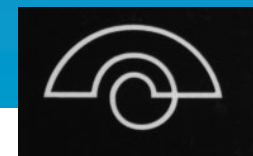
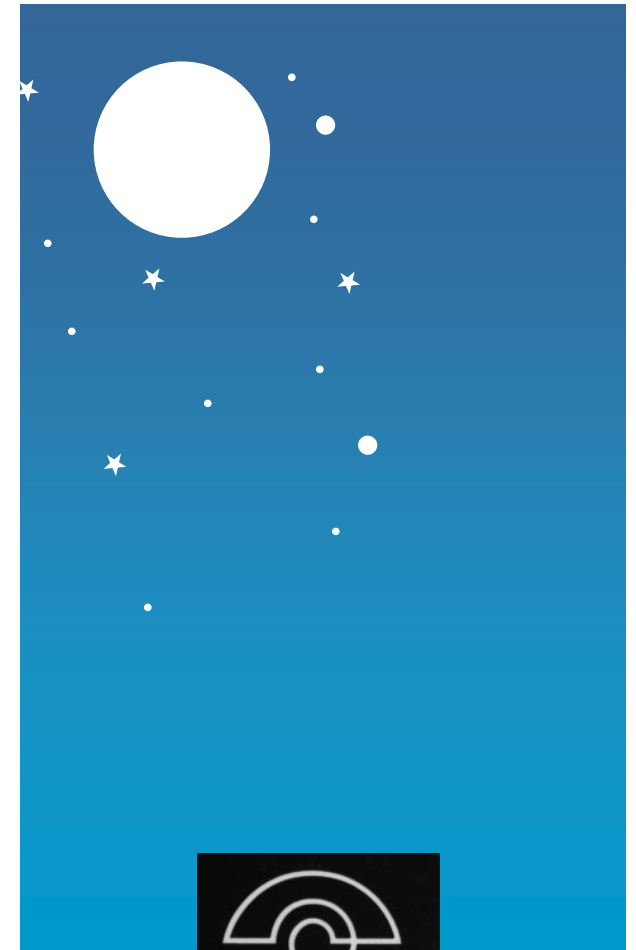
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# Insomnia Treatment Program

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A non-drug treatment for long-term sleeplessness



**Adelaide Institute for Sleep Health**

## Insomnia

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Insomnia is the most common sleeping difficulty reported by people of all ages.

Long term insomnia causes significant distress and problems with daytime functioning in about 10% of the population.

The features of insomnia include:

- Difficulty falling asleep
- Difficulty staying asleep
- Unrefreshing sleep

## Causes

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There are many different reasons for insomnia. A pattern of poor sleep may start during a period of stress or through a situation interfering with sleep such as:

- Shiftwork
- Jet lag
- A new baby
- A snoring bed partner

Unfortunately, the poor sleep may be maintained even after the factors that started it are no longer a problem.

For people with long term insomnia, research indicates that it does not usually go away by itself without active treatment.

## Insomnia Treatments

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There are many treatments for insomnia. The most common remedy for sleeplessness has been sleeping pills. However, there are problems associated with their use including drug dependence and side effects.

## The Insomnia Treatment Programme

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The Insomnia Treatment Programme uses non-drug approaches to treating insomnia, and makes available practical, scientifically supported treatments from insomnia research.

Treatment includes Cognitive Behavioural Therapy (CBT) which is an established treatment for insomnia helping clients to shorten the time they spend lying awake sleepless at night and improving their daytime functioning.

Research on CBT for insomnia has found that it addresses the factors maintaining long-term insomnia and produces more long lasting improvements than drug therapy. Other non-drug therapies (eg. Bright light therapy) are also used for appropriate cases.

## The Insomnia Treatment Programme Team

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The Insomnia Treatment Programme is led by Professor Leon Lack. Professor Lack and his team have more than 30 years of clinical experience with the non-drug treatments of insomnia. All team members have pioneered scientific research and technological developments in the field of insomnia.

**From left to right:** Prof. Leon Lack, Ms. Jodie Harris, Dr. Michael Gradisar

