



## Sleep Issues Programme

Good sleep is essential for our health and wellbeing. If you're not sleeping well, it can affect your mood and your health.

SilverCloud<sup>®</sup> by Amwell<sup>®</sup> is a digital therapy programme. It can help you to figure out the causes of your sleep problems. You'll learn ways to improve your sleep so you wake up feeling more refreshed.



### Knowledge and Understanding

You'll learn about the sleep cycle, and why it's the key to good sleep. As each person's sleep needs are different, you'll track your own sleep to work out your sleep patterns and see what might be affecting them.



### Skills and Strategies

The programme will help you to gain good sleep habits, which are the basis of better sleep. And if thoughts and worries are keeping you awake you'll learn to manage them so they don't disrupt your sleep.



### Forging Ahead

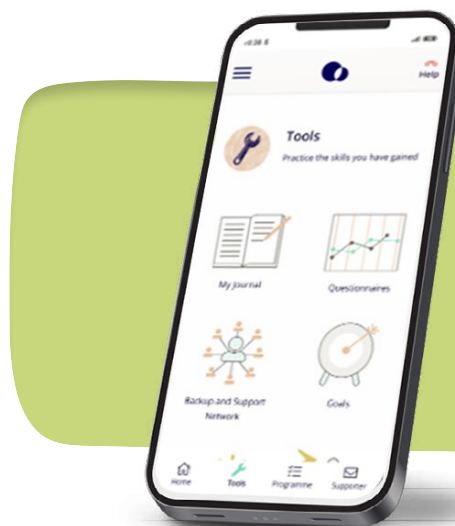
By knowing about your unique sleep needs, you can start to have a healthy sleep cycle and make a plan to maintain it, even when other things in your life change. You'll worry less about sleep, because you'll have the tools and techniques to help you address any sleep problems in the future.

## Is this programme for me?

This programme can help you, if you want to learn how to improve your sleep.

You can access the *Sleep Issues* programme on your phone, computer or tablet – wherever and whenever you need it. There are five modules to work through at your own pace. For most people it takes about six weeks.

There is a special module option for shift workers who can face extra challenges with their sleep.



## Cognitive behaviour therapy

The *Sleep Issues* programme uses cognitive behaviour therapy, or CBT for short. CBT has been used for many years to help people improve their wellbeing. It allows you to become more aware of how you are feeling. You'll learn how to make the changes you need to feel better.

“A good night’s sleep makes everything seem possible. I am so proud of the changes I have managed to make; they have made a big difference to my sleep.”

- Heather, SilverCloud® user

## Modules in the *Sleep Issues* programme:

- **Getting Started** – Find out about sleep and its effects on the body. Learn about CBT and how it can help you to improve your sleep.
- **Good Sleep Habits** – Discover what helps you to sleep well and what can disrupt sleep.
- **Improving Sleep Associations** – Drop off to sleep more easily by improving the association you have with your bed and sleeping.
- **Managing Thoughts and Worries** – Learn how to manage thoughts and worries that might be keeping you awake.
- **Keeping Your Sleep Cycle Healthy** – Find out what to watch out for to make sure you don't slip back into poor sleep habits.

## Tools and activities

The *Sleep Issues* programme contains many helpful tools and activities including:

- **Sleep Diary** – Record and assess your sleep, to understand your sleep patterns.
- **Thoughts, Feelings, and Behaviour Cycle** – Track your thoughts and feelings, and see how they affect what you do.
- **Guided Visualisation** – Prepare your mind and body for sleep, by listening to a relaxing visualisation exercise.
- **Bedtime Routine Plan** – Create a healthy bedtime routine.
- **Sleep Efficiency Calculator** – Work out how much time you should be spending in bed based on your sleep efficiency.

Find out more



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