

Sleep Issues Programme

This programme from SilverCloud[®] by Amwell[®] is designed for individuals experiencing sleeping difficulties, either independently or comorbid to another condition. The programme aims to relieve symptoms by:

- Focusing on developing healthy sleep habits and a good sleep cycle
- Creating an evening routine to promote restorative sleep
- Developing a good sleep/wake association with the bedroom and sleeping

This programme aligns with NICE guidance on sleep and sleep conditions.¹

Therapeutic Concepts

Psychoeducation

The Cognitive Behavioural Therapy (CBT) cycle is introduced in relation to sleep.^{2,3} Users gain an increased understanding of sleep and sleep disorders and examine the behaviours, beliefs and attitudes that can impact the sleep/wake cycle.



Behavioural techniques

Sleep restriction provides a set of rules to follow to regulate the sleep-wake schedule by restricting time in bed to only the sleep window. These modules are locked if contraindications (bipolar disorder, untreated sleep apnoea, parasomnias, and seizure disorder) are present.⁴

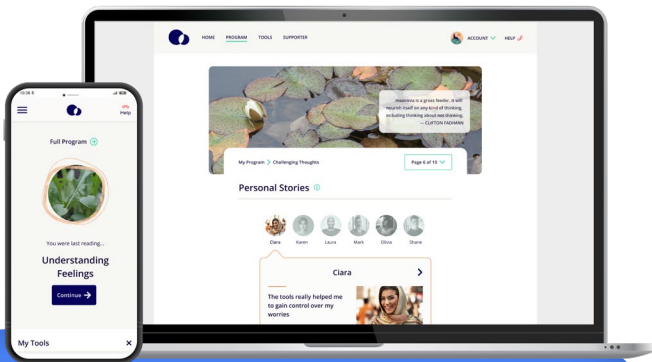
Relaxation

Progressive muscle relaxation (PMR) is taught as a means to reduce the impact of physical and cognitive tension on sleep. Users are encouraged to practice this technique throughout the programme.

How it works

The structure and content of the *Sleep Issues* programme follow the evidence-based principles of CBT, guiding users to reframe thinking patterns and build coping skills.⁵

In keeping with the principles of CBT, which endorse a structured outline and a goal-oriented focus, each module contains sleep-specific information, interactive activities, homework suggestions and personal stories.⁶



The programme is available 24/7, allowing users to access content at a time that suits them. It can be accessed using a phone, tablet or computer and it can be tailored to suit the needs of the individual.

References:

1. National Institute for Health and Care Excellence. (2020). Sleep and sleep conditions: Guidance. NICE.
2. Baglioni C. et al. (2020) The European Academy for cognitive behavioural therapy for insomnia: an initiative of the european insomnia network to promote implementation and dissemination of treatment. *J. Sleep Res.* 2020;29(2)
3. National Institute for Health and Care Excellence (2022) Insomnia. Clinical Knowledge Summaries. NICE
4. Perlis, M. L., Aloia, M., & Kuhn, B. (Eds.). (2010). Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions. Academic Press.
5. Beck, J. S. (2011). Cognitive behavior therapy. New York: Basics and beyond. Guilford Publication.
6. Maerov, P. J. (2006). Demystifying CBT: Effective, easy-to-use treatment for depression and anxiety. *Current Psychiatry*, 5(8), 26.

Your mental health is our priority. Ask your healthcare specialist about the SilverCloud® *Sleep Issues* programme, or find out more here:



Summary of programme modules:

- **Getting Started** Educates the user on sleep and sleep difficulties. The user is also introduced to CBT and how the Thoughts, Feelings, Behaviour (TFB) cycle can be useful in understanding sleep problems.
- **Good Sleep Habits** Helps the user become aware of helpful and unhelpful sleep habits and supports the user to develop a healthy bedtime routine, which may include guided relaxation.
- **Improving Sleep Association** Using the My Improving Sleep Association Plan, the user learns how to prepare a suitable environment for sleep.
- **Managing Thoughts & Worries** The user learns techniques for managing thoughts and worries that impact the sleep cycle.
- **Keeping Your Sleep Cycle Healthy** Prepares the user for coming to the end of the programme and maintaining a healthy sleep cycle in the future.

Additional modules (unlocked by a supporter):

- **Sleeping Less To Sleep Better** The user is introduced to the sleep restriction tool and its role in improving sleep efficiency.
- **Sleeping Less To Sleep Better (Shift work)** This module is specifically designed for shift workers who need adapted routines.

