

## Space for Sleep Content Descriptor

*The Space for Sleep programme has been designed to relieve the symptoms of sleeping problems such as insomnia by:*

- *Focusing on developing a good sleep cycle and healthy sleep habits*
  - *Creating a time for bed routine to promote restorative sleep*
  - *Developing a good sleep/wake association with the bedroom and sleeping*
  - *Using evidence-based techniques such as Progressive Muscle Relaxation and Sleep Restriction*
  - *The programme is accessible 24/7, allowing users to access the programme at a time that suits them and in the comfort of their own home.*
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### Programme Modules

#### Getting Started

This module gives the user information about Insomnia and other types of sleep difficulties and corrects the common myths surrounding sleep. It contains a psycho-educational component to introduce the user to the reasons why we sleep, the stages of a healthy sleep cycle and the cycle of poor sleep and its emotional, cognitive and behavioural aspects. The user is also provided with a number of activities to enable them (and their Supporter) to become more aware of their own sleep difficulties and to understand their own personal situation, such as a sleep quiz and baseline sleep diary. This enables the programme to be tailored to their needs. The module introduces the user to Cognitive Behavioural Therapy and how the Thoughts, Feelings Behaviour (TFB) Cycle can be a useful tool in understanding sleep problems.

## Good Sleep Habits

This module focuses on the user developing good sleep habits (sleep hygiene). In the module, users will consider their own current sleep routine and learn more about habits that promote sleep and those that can impact unhelpfully. Activities will enable the user to develop a time for bed routine, an important part of building a good sleep cycle. Guided relaxation at the end of the module is provided as an activity that can be undertaken in the time for bed routine.

## Improving Sleep Associations

This module will help you learn how to drop off to sleep more easily by improving the association you have with your bed and sleeping,

## Sleeping Less to Sleep Better (lockable content)

This locked module focuses on sleep restriction for insomnia. The user is introduced to the sleep restriction tool and its role in improving sleep efficiency. The module helps to user to calculate their current sleep efficiency using the baseline sleep diary that they completed in the first module. They will be given a personalised sleep prescription that they will follow for the next 7 days. This restricts the time in bed to only the time that the user is currently sleeping for on average plus 30 minutes. Each week their sleep efficiency is recalculated and if >85% efficiency is achieved, 30 minutes is added for the next 7 days. If <85% is achieved, then a new prescription is calculated for the next week. The user continues with this until the desired amount of sleep is achieved and maintained.

## Sleeping Less to Sleep Better (Shift Worker Version)

This locked module version of the module focuses on sleep restriction for insomnia, specifically designed for shift workers who need adaptations to their routine for going to bed and waking. The user is introduced to the sleep restriction tool and its role in improving sleep efficiency. The module helps to user to calculate their current sleep efficiency using the baseline sleep diary that they completed in the first module. They will be given a personalised sleep prescription that they will follow for the next 7 days.

This restricts the time in bed to only the time that the user is currently sleeping for on average plus 30 minutes. Each week their sleep efficiency is recalculated and if >85% efficiency is achieved, 30 minutes is added for the next 7 days. If <85% is achieved, then a new prescription is calculated for the next week. The user continues with this tool until the desired amount of sleep is achieved and maintained.

### Managing Thoughts & Worries

This module focuses on taking action against the different types of thoughts and worries that can impact on the sleep cycle. The user will learn why trying not to think about these thoughts (thought suppression) backfires; and learn helpful ways to manage these more effectively. Worry management and thought challenging techniques enable the user to break the cycle of thoughts and worries that affect their sleep.

### Bringing It All Together

This module prepares the user for coming to the end of the programme and focuses on helping the user to maintain a healthy sleep cycle in the future. The user learns about early warning signs that their sleep is becoming affected, the difference between a lapse and a relapse and when to take action to break the cycle. The user has the opportunity to review the expectations that they had at the start of the programme.

*Table: Summary of the goals and activities in each module*

Module	Topics	Goals	Activities
<b>Getting Started</b>	<ul style="list-style-type: none"> <li>• Psychoeducation on sleep and the sleep cycle</li> <li>• The TFB Cycle of insomnia</li> <li>• Personal Stories</li> </ul>	<ul style="list-style-type: none"> <li>• Improve understanding of sleep, insomnia and other sleep difficulties</li> <li>• Introduce the TFB cycle of sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Sleep myths and facts quiz</li> <li>• Sleep Questionnaire</li> <li>• 7-day baseline sleep diary</li> </ul>

		<ul style="list-style-type: none"> <li>• Learn about the role of thoughts, feelings and behaviours in sleep difficulties</li> <li>• Learn about how CBT can help with sleep difficulties</li> <li>• Gather information about current sleep efficiency to create a baseline for the tools and Supporter to tailor the programme to their own needs</li> <li>• Learn a tool to improve sleep and reduce tension (PMR)</li> </ul>	<ul style="list-style-type: none"> <li>• The TFB cycle</li> <li>• Progressive Muscle Relaxation (PMR)</li> </ul>
<p><b>Good Sleep Habits</b></p>	<ul style="list-style-type: none"> <li>• Understanding current sleep habits and routine</li> <li>• Developing a time for bed routine</li> <li>• Preparing your environment</li> <li>• Preparing yourself for sleep</li> <li>• Planning your bedtime routine</li> <li>• Personal Stories</li> </ul>	<ul style="list-style-type: none"> <li>• Improve understanding of helpful and unhelpful sleep habits</li> <li>• Understand the importance of a good sleep routine</li> <li>• Build a time for bed routine</li> <li>• Learn a relaxation method to use in the time for bed routine</li> </ul>	<ul style="list-style-type: none"> <li>• Planning your time for bed routine</li> <li>• My improving sleep association plan</li> <li>• Guided visualisation relaxation</li> </ul>

<p><b>Good Sleep Habits</b></p>	<ul style="list-style-type: none"> <li>• Understanding current sleep habits and routine</li> <li>• Developing a time for bed routine</li> <li>• Preparing your environment</li> <li>• Preparing yourself for sleep</li> <li>• Planning your bedtime routine</li> <li>• Personal Stories</li> </ul>	<ul style="list-style-type: none"> <li>• Improve understanding of helpful and unhelpful sleep habits</li> <li>• Understand the importance of a good sleep routine</li> <li>• Build a time for bed routine</li> <li>• Learn a relaxation method to use in the time for bed routine</li> </ul>	<ul style="list-style-type: none"> <li>• Planning your time for bed routine</li> <li>• My improving sleep association plan</li> <li>• Guided visualisation relaxation</li> </ul>
<p><b>Improving Sleep Associations</b></p>	<ul style="list-style-type: none"> <li>• Psychoeducation on sleep and healthy associations that promote it</li> <li>• Your bed is just for sleeping</li> <li>• Bed &amp; Sleep Association</li> </ul>	<ul style="list-style-type: none"> <li>• Provide information about healthy sleep association that improve sleep</li> <li>• Facilitate exploration of current associations and planning to improve these</li> </ul>	<ul style="list-style-type: none"> <li>• My sleep association plan</li> <li>• Relaxation</li> </ul>
<p><b>Sleeping Less to Sleep Better (lockable content)</b></p>	<ul style="list-style-type: none"> <li>• Learning about sleep restriction</li> <li>• Personal Stories</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the role of sleep restriction for sleep problems</li> <li>• Use sleep restriction as a tool to improve sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Calculating sleep efficiency</li> <li>• Daily review</li> <li>• Relaxation</li> </ul>

<p><b>Managing Thoughts and Worries</b></p>	<ul style="list-style-type: none"> <li>• Learn how thoughts and worries can affect sleep</li> <li>• Learn practical tools to help with different types of thoughts and worries that can affect sleep (thought challenging using cognitive restructuring, planning and preparing for the day ahead, the counteract it tool and worry time)</li> <li>• Personal Stories</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about negative thoughts and how to recognise them and not avoid them</li> <li>• Learn how to challenge negative thoughts</li> <li>• Learn how to overcome worries using planning and preparation time at the end of each day and using problem solving for practical worries.</li> <li>• Use strategies to counteract thoughts that affect sleeping</li> <li>• Use worry time to manage worries more effectively</li> </ul>	<ul style="list-style-type: none"> <li>• Thought suppression activity</li> <li>• The cognitive restructuring tool</li> <li>• The planning, preparation and problem-solving tool</li> <li>• The counteract it tool</li> <li>• The worry time technique tool</li> <li>• Relaxation</li> </ul>
<p><b>Bringing it All Together</b></p>	<ul style="list-style-type: none"> <li>• Maintaining a healthy sleep cycle healthy</li> <li>• A bad night's sleep versus a pattern of bad sleep</li> <li>• Reflecting on your progress</li> <li>• Early warning signs of poor sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Preparation for coming to the end of the programme</li> <li>• Recognise the importance of maintaining a healthy sleep cycle</li> <li>• Learn the difference between a bad night and the</li> </ul>	<ul style="list-style-type: none"> <li>• My regular review</li> <li>• Keeping a check on your sleep</li> <li>• My early warning signs</li> <li>• Keeping your skills fresh</li> </ul>

	<ul style="list-style-type: none"><li>• Keeping the sleep tools you have learnt fresh</li><li>• Personal Story top tips</li></ul>	<p>pattern of a poor sleep cycle building</p> <ul style="list-style-type: none"><li>• Use strategies to keep skills learnt fresh</li><li>• Gain tips on maintaining good sleep</li></ul>	
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