

Understanding Adult Sleep

PART 2

WHAT IS INSOMNIA?



“

I can't work, I can't think, I can't connect with anyone anymore... I mope through a day's work and haven't had a promotion in years... It's like I'm being sucked dry, eaten away, swallowed up, coming unglued..."

- GAYLE GREENE

Delivered by Professor Jason Ellis, this module looks at what insomnia is, how it develops, some of the consequences associated with it and how we treat it.

Materials are delivered entirely online through our online training hub. You will need to allow approximately one hour to complete the training. A downloadable workbook is provided as well as mini resource toolkit to take away.



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The module covers

- What insomnia is and the importance of a diagnosis
- The impact of insomnia
- DSM-V/ICD-10/ICSD-3
 - what is the difference between diagnostic systems
- Treatment of insomnia
- How does it develop

COURSE COSTS

Course licences: **£40/licence**

Buy all five modules for £160
(saving £40)

This course is part of a 5 part series covering adult sleep, insomnia, sleep and menopause, sleep and ageing and sleep and mental health.

To book your place or for more information on our courses, please contact us on training@thesleepcharity.org.uk or visit thesleepcharity.org.uk



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