# Understanding Adult Sleep

PART 2

## WHAT IS INSOMNIA?

the sleep charity®

> **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
- DSM-V/ICD-10/ICSD-3 - what is the difference between diagnostic systems
- How does it develop
- The impact of insomnia
- Treatment of insomnia

## COURSE COSTS

Course licences: **£45/licence**

**Buy all eight modules for £280** (saving £80)

This course is part of an 8 part series covering adult sleep, insomnia, sleep and menopause, sleep and ageing, sleep and mental health, impact of shift work, stress and sleep and sleep disorders.

**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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