



Space for Sleep

TACKLE SLEEP DIFFICULTIES HEAD-ON

The tools you need for a better night's sleep

What is it?

A practical programme packed full of tools and practical techniques to help you to create healthy sleep habits and relieve the symptoms of sleeping problems.

Accessible, easy to use

A safe and confidential space, available 24/7, designed to help you explore:

- Developing a good sleep cycle and healthy sleep habits
- Creating a bed routine to promote restorative sleep
- Developing a good sleep/wake association with the bedroom and sleeping

Tailored for your needs

Includes a personalised version for shift workers and helpful information for new parents.

“The fact that it was online meant that I was able to access the programme from the comfort of home, when it suited me.”

SilverCloud Health User



Evidence-based

Based on Cognitive behavioural therapy for insomnia (CBT-I) using evidence based techniques such as Sleep Restriction and Progressive Muscle Relaxation. CBT-I is shown to be as effective as medication with longer-lasting results.



Flexible online solution

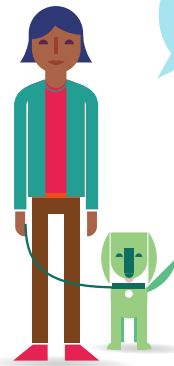
Work at your own pace – over 6 modules, with tools and activities to build the skills and strategies to effectively tackle sleep problems.

Building Skills for Life

Empowering

Helping you to build strategies that work for you and that you can sustain overtime:

- Developing a bedtime routine
- Learn techniques such as Sleep Restriction to increase your sleep efficiency
- Learn about unhelpful thoughts and beliefs about sleep and how to challenge them



Approximately
**6% of adults –
over 3.5 million
people in the
UK, suffer from
excessive
sleepiness.**



Easy to use

Interactive tools, quizzes, activities and personal stories make the programme interesting and easy to use.



Fits in with your lifestyle

Access it 24/7 on your phone, tablet or computer – wherever suits.