

Insomnia Clinic

Patient
Information



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- **What is insomnia?**

People with insomnia have difficulty falling and/or staying asleep, and have a reduced level of daytime functioning.

- **What is the Insomnia Clinic?**

The Insomnia Clinic is affiliated with the Sleep Disorders Laboratory at the Queen Elizabeth II Health Sciences Centre. We use educational, behavioral and psychological methods with lifestyle changes to manage insomnia.

- **Do I need a referral?**

Yes. After being assessed by a physician in the Sleep Disorders Laboratory, a referral may be sent to the Insomnia Clinic's psychologist.

- **What happens next?**

You will be contacted by telephone to schedule an initial one-hour meeting. We will discuss your sleep pattern and its impact on your life. Together we will then decide whether participating in the full programme would be beneficial.

- **What is involved?**

We begin with a thorough assessment of your sleep pattern, your lifestyle and the factors contributing to insomnia using interviews and questionnaires. You will monitor your sleep by filling out a simple sleep log each morning. After the assessment phase is completed, a meeting will be held to discuss ideas for change, individualized to your specific sleep pattern. You'll come in for a few more

sessions to monitor your progress, and to make adjustments as needed.

- **How many sessions are involved?**

Typically, eight one-hour sessions are required. About four hours are used for the assessment. The remaining sessions will focus on helping you to carry out the changes agreed at the assessment meeting, and to track the outcomes.

- **Will the Insomnia Clinic prescribe me sleeping pills?**

No. If a physician has already prescribed you a sleep medication, he/she will continue to manage your medication use.

- **Will I come for an overnight sleep study?**

No, a sleep study, if needed, would have already been suggested at the Sleep Disorders Laboratory. The Insomnia Clinic does not use overnight studies.

- **Will I be connected to machines or instruments?**

No, it is not a passive process in which you are treated by a machine. Rather, it depends upon your active participation.

- **What changes might I expect?**

The main goal is to optimize your sleep pattern into a "steady state" which is more satisfying for you. We will also be interested in any improvements in your daytime functioning.

To sum up...

You could be a Candidate for treatment in The *Insomnia Clinic* if you:

- have trouble with sleep
- can attend eight sessions
- will take five minutes each day to complete a record of your sleep
- would consider making changes in your routines
- realize that this requires your active involvement, and that it is not a technical overnight cure

