Sleep Easy Programme

Struggling to Sleep?

Don't worry. We're here to help!

Sleep Easy Programme

The **Sleep Easy Programme** offers personalised support from a **Wellbeing Link Worker** to help you understand and improve your sleep.

The **Sleep Easy Programme** provides non-medical support and self-management strategies. **We are unable to prescribe sleep medication.**



Why Is Sleep Important?

Good quality sleep can help:

- Improve mood
- Boost memory and concentration
- Strengthen your immune system
- Support your physical and emotional wellbeing

Why Am I Struggling to Sleep?

Sleep difficulties can be caused by many factors, including:

- Stress, anxiety, or low mood
- Physical health conditions
- Life changes or responsibilities
- Relationship or family concerns

What Happens Next?

At your first appointment, we'll review your sleep diary to understand your sleep patterns and discuss the best ways to support you.

We Can Support You With:

- Exploring factors affecting your sleep through a *"What Matters to Me"* conversation
- Advice on healthy sleep habits and sleep hygiene
- Support with issues such as:
    - Stress and anxiety
    - Shift work
    - Menopause
    - Caring responsibilities
    - Bereavement
    - Family or relationship difficulties
- Access to **SilverCloud CBT-I** (online support for insomnia), where appropriate
- Signposting to local services and community support



Please be aware that we are unable to prescribe sleep medication