

Short Term Educational Programme

The Short Term Educational Programme, also known as STEP, offers courses for a range of mental health issues. We are an enthusiastic and welcoming team, committed to inclusivity and diversity.

All of our courses are carefully designed in line with evidence-based practice, alongside volunteers, experts by experience and clinicians. The courses are facilitated by STEP with the support of these colleagues, depending on the requirements of the session.

Get in touch

Our courses run at various times during the year. If you would like to find out more, please contact us using the details below:

Address

Short Term Educational Programme
Floor 4, The Circle
33 Rockingham Lane
Sheffield S1 4FW

Telephone

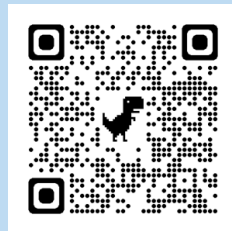
0114 226 2660

Email

sct-ctr.step.info@nhs.net

Website

To find out more about our Trust, the services we provide and the support on offer visit www.shsc.nhs.uk/step or scan the QR code above.



NHS

Sheffield Health
and Social Care
NHS Foundation Trust

Course Information Leaflet

Understanding Insomnia and Improving Sleep

This course aims to provide support to anyone who is struggling to manage insomnia or having prolonged difficulties sleeping.



STEP | Short Term
Educational
Programme

Understanding Insomnia and Improving Sleep

is a psycho-educational course that runs over 5 weeks.

Causes of insomnia and sleep difficulties will be explored, and over the five sessions you will learn strategies to manage and improve your sleep quality.

Attendance can be either online or in person and preferences can be discussed at enrolment.

How do I know it's for me?

If you would like to attend, you need to be:

- able to manage being in a group for two hours a week, for 5 weeks
- experiencing prolonged sleep difficulties which are having an impact on day-to-day living.

Please note that our course may not be helpful if you have an underlying disorder such as PTSD, Sleep Apnoea, Nightmare Disorder, Parasomnia, Restless Legs, Severe Anxiety or Depression.

What should I do if I'm interested in attending?

If you would like to attend the course, you need to discuss it with your GP or mental health worker, and they can refer you.

When we receive your referral, we will offer you an enrolment appointment and this will give you an opportunity to learn more about the course and ask any questions you may have.

Course Profile

Week 1: Understanding Sleep

The importance of sleep and sleep cycles

Different types of insomnia and the impact they can have.

Week 2: Identifying Triggers and Creating a Sleep Schedule

Possible causes of insomnia

Strategies to help create and maintain a healthy sleep routine.

Week 3: Stress and Unhelpful Thinking

The impact that stress can have on sleep and the ways that we think

Strategies to manage worry and rumination.

Week 4: Mindfulness and Relaxation

How Mindfulness can help manage insomnia

Relaxation techniques to try within the session.

Week 5: Managing Tiredness

Other causes of tiredness
Skills around pacing

Course Recap

Further helpful resources.

NHS Pharmacy Presentation

One of the course sessions will be co-hosted by a clinical colleague from our Pharmacy department. They will talk about commonly prescribed medication for insomnia and also discuss over the counter remedies.