

Improving Sleep in Neurological Conditions

Research has demonstrated that sleep problems are more common in people with neurological conditions than in the general population. Neurological conditions often make it harder to fall asleep or stay asleep – or both.

This can be for many different reasons, such as:

- Difficulty relaxing or getting comfortable
- Pain
- Physical symptoms, like motor symptoms
- Psychological symptoms, such as depression or anxiety

Poor sleep can worsen symptoms of neurological conditions such as fatigue and concentration problems.

It's therefore really important that people who experience sleep problems alongside neurological conditions receive appropriate support and treatment.

What does the group involve?

The Improving Sleep Group meets weekly for 4 weeks, with each week building on the last. Each session lasts for 1 hour. The size of each group will generally be between 6 and 12 people.

The group is based on Cognitive Behavioural Therapy for insomnia (sometimes called 'CBT-*i*'). CBT-*i* has been shown to work well for insomnia and poor sleep, including in people with neurological conditions.

All group resources are based upon the "*Overcoming Insomnia*" book, with kind permission from author Professor Colin Espie (Clinical Psychologist and Professor of Sleep Medicine at the University of Oxford).

The group looks to cover:

- What sleep is and the concept of sleep hygiene
- The connection between bed and sleep (and how to strengthen it)
- Sleep diaries and sleep efficiency (and how to improve it)
- Relaxation and dealing with a 'racing' mind

The group aims to support people with tools and techniques to improve sleep.

Participants are expected to try out the techniques at home in the time between sessions. Active engagement is really important: you will be asked to spend time practicing in order to get the most out of the group.

When and where will the group meet?

The group will meet every Friday for 4 weeks, from 10:30am to 11:30am.

It will be an online group on a platform called 'Near-Me' (which is a little bit like Zoom, but with better security). A link will be sent to you ahead of the group commencing.

What if I can't make it one week?

We understand it can sometimes be difficult to keep appointments. If you can't attend one week, please phone us to let us know as soon as possible. If you miss more than one session, we may suggest that you attend a subsequent group instead so that you benefit from all the components of the group.

Who runs the group?

The group is run by Dr David Gillespie, Consultant Clinical Neuropsychologist and usually one other member of the Neuropsychology team within the Department of Clinical Neurosciences (DCN) at the Royal Infirmary of Edinburgh.

How do I find out more/book a place?

If you would like further information, or to reserve a place on the Improving Sleep Group, please call the number on the back of the leaflet. Alternatively, you can use the email address provided.

How to contact us

If you wish to comment on this leaflet, require a large print version, or have any questions about the Improving Sleep Group or the Clinical Neuropsychology service, please contact us via:

Clinical Neuropsychology Service
Department of Clinical Neurosciences
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Email:

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Tel: 0131 312 0649

(24-hour answer machine available)

For more information about our department, please visit our website:
www.nhsllothian.scot.nhs.uk/Neuropsychology



Improving Sleep in Neurological Conditions Group



A Group run by the Neuropsychology team at the Department of Clinical Neurosciences