

## INFORMATION FOR PATIENTS

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# Insomnia

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Insomnia is difficulty in falling asleep or staying asleep (in an environment beneficial for sleep) that causes daytime problems such as sleepiness or difficulty concentrating.

The best treatment for insomnia is cognitive behavioural therapy for insomnia (CBT-I). Most are now delivered as online programmes e.g. Sleepio or Sleepstation. Sleepio is the current NHS recommended one.

**Sleepstation**

[www.sleepstation.org.uk](http://www.sleepstation.org.uk)

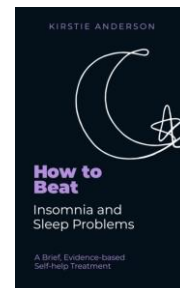
**Sleepio**

[www.sleepio.com](http://www.sleepio.com)

These are pay-for services, but you may be eligible to access either of them for free through the NHS. Some employers also provide Sleepio cover – you can enter your employer's name in the website checker to see if you are covered.

### Other help

If you would like to read a helpful book on Insomnia, try **How to beat insomnia and other sleep related problems by Kirstie Anderson**



Headspace and Calm are pay-for mindfulness apps available via Google Play and Apple App stores. Both have an extensive catalogue of guided meditations, relaxation exercises, and mindfulness courses, including a range of sleep casts, which can be helpful for switching off busy thoughts before sleep.

It's important to put your 'phone aside as soon as you have started your sleep cast , as blue light on your 'phone makes your brain think it's daytime and keeps you awake. Both apps include similar content, but their styles differ. You can sign up for free trials to explore both.

 **headspace**

[www.headspace.com](http://www.headspace.com)



[www.calm.com](http://www.calm.com)

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

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<p>To be completed by the Communications office Leaflet code: PIL202503-01-INS Created: March 2025 / Review Date: March 2027</p>
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