

# INSOMNIA MANAGEMENT KIT

## Instructions for GPs

The Insomnia Management Kit is intended to be used in conjunction with your GP. To access further instructions on the use of this fact sheet and other components of the Insomnia Management Kit, go to 'Insomnia management' on the SA Health website: [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au).

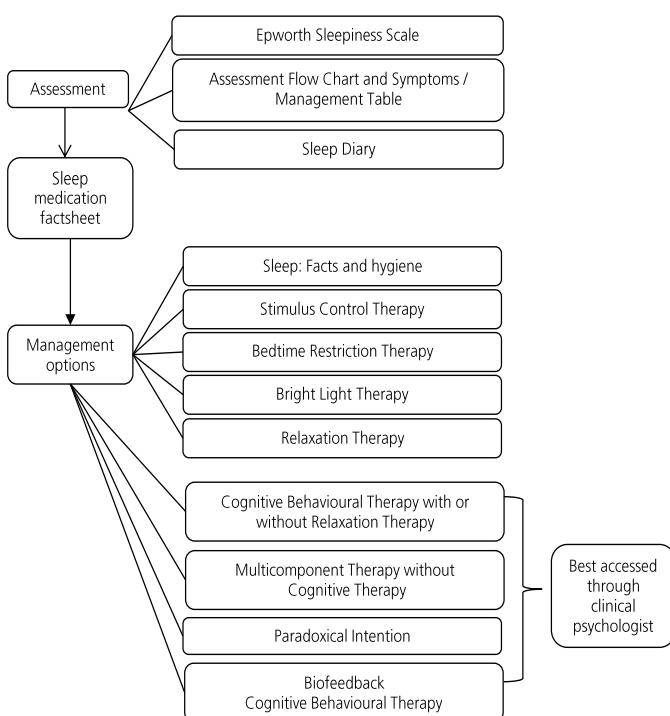
The Insomnia Management Kit will assist in the assessment, diagnosis and management of patients presenting for the first time with a sleep problem.

The Insomnia Management Kit is made up of a series of nine factsheets and contains:

- > This factsheet
- > Three assessment tools:
  - > Epworth Sleepiness Scale (*Sleep Assessment factsheet*)
  - > Assessment Flow Chart and Symptoms / Management Table (*Sleep Assessment factsheet*)
  - > Sleep Diary factsheet
- > Sleep Medication factsheet
- > Five management factsheets:
  - > Sleep: Facts and Hygiene
  - > Stimulus Control Therapy or Sleep Restriction
  - > Bedtime Restriction Therapy
  - > Bright Light Therapy
  - > Relaxation Therapy

There are four other management techniques that can be accessed through a clinical psychologist and are referred to in this factsheet.

### Step-by-step



### Assessment tools

Three assessment tools are provided and may be incorporated into the patient's file once completed. Instructions are provided with each assessment tool.

1. **Epworth Sleepiness Scale** (*Sleep Assessment factsheet*)  
Determines any impact on daytime sleepiness.
2. **Assessment Flow Chart & Symptoms / Management Table** (*Sleep Assessment factsheet*)  
Identifies the possible cause/s of the sleep difficulty and makes management recommendations.
3. **Sleep Diary** (*Sleep Diary factsheet*)  
Provides a more comprehensive assessment of the sleep pattern.

Approximate time required to complete each tool is:

Tool	Time
Epworth Sleepiness Scale	3-5 minutes
Assessment Flow Chart and Symptoms / Management Table	5-10 minutes
Sleep Diary	2 minutes per day over 7 days

### Sleep medication factsheet

This factsheet is recommended for:

- > patients requesting repeat prescriptions of sleep medications for sleep difficulties
- > patients presenting for the first time with a sleep difficulty to discourage the commencement of sleep medication
- > patients provided with 'short-term' sleep medication prescriptions, to discourage continued use of sleep medication.

## Management tools

The kit contains five possible therapies for the patients to take home and read.

After completing the Sleep Assessment and Sleep Diary, one or more of the management techniques will be recommended for the patient.

## Management techniques

- > Sleep: Facts and hygiene
- > Stimulus Control Therapy
- > Bedtime Restriction Therapy
- > Bright Light Therapy
- > Relaxation Therapy

There are also several other management techniques which are best accessed through a clinical psychologist.

- > Cognitive Behavioural Therapy with or without Relaxation Therapy.
- > Multicomponent Therapy with Cognitive Therapy (includes a combination of stimulus control therapy, sleep restriction and sleep hygiene education).
- > Paradoxical Intention  
(Aim: eliminate performance anxiety, instructing patient to remain passively awake and avoid any effort to fall asleep).
- > Biofeedback - Cognitive Behavioural Therapy (involves providing visual and auditory feedback to patients to help control some physiological parameters to reduce somatic arousal).

## For more information

Refer to 'Insomnia management' and 'Sleep problems' on the SA Health website: [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au).

Non-Pharmacological Management of Insomnia. U. Vyas. British Journal of Medical Practitioners 2013; 6(3)a623

Professor Leon C. Lack and Dr Helen Wright, School of Psychology, Flinders University assisted with the information in this resource.

## How to use the kit

### Option one (for a single consultation)

- > Complete the Epworth Sleepiness Scale with the patient.
- > Complete the Assessment Flow Chart with the patient.
- > Provide the recommended management fact sheet(s).

### Option two (preferred, for two consultations)

- > Complete the Epworth Sleepiness Scale with the patient.
- > Provide the patient with the Sleep Diary with brief guidance to complete at home and arrange a follow-up appointment in a week's time.
- > At follow-up, analyse the Sleep Diary, complete the Assessment Flow Chart and provide the recommended management factsheet(s).

Note: If the patient has previously used sleep medication, discourage continued use by providing the Sleep Medication factsheet.

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