

Better Sleep Program Frequently Asked Questions

WHAT IS THE BETTER SLEEP PROGRAM?

The Better Sleep Program helps work out how to improve both the amount and quality of sleep. Based on scientifically proven therapy, the Better Sleep Program focuses on three main areas:

- Identifying and eliminating ineffective sleeping habits;
- Reducing sleep related anxiety and other psychological issues that disrupt sleep
- Addressing dysfunctional belief and attitudes that make sleep difficult.

WHO CAN JOIN THE BETTER SLEEP PROGRAM?

John Holland employees and their immediate family members who want to achieve better sleep.

I AM A SHIFT WORKER, IS THE PROGRAM SUITABLE FOR ME?

Yes, the Better Sleep Program can be tailored to suit any lifestyle.

WHAT DOES IT COST?

There is no cost to you or your immediate family members to participate in the program

IS IT CONFIDENTIAL?

Yes, it is completely confidential.

HOW DO I ACCESS THE BETTER SLEEP PROGRAM?

Simply call 1800 991 151 and ask to enrol in the Better Sleep Program.

WHO DEVELOPED THE PROGRAM?

The program was developed by international expert on fatigue and sleep, Peter Simpson.

WHO DELIVERS THE BETTER SLEEP PROGRAM?

A Better Sleep Consultant who is a qualified psychologist or health professional from Gryphon Psychology as part of the John Holland Employee Assistance Program (EAP).

IS THE BETTER SLEEP PROGRAM A ONE SIZE FITS ALL PROGRAM?

No, the Better Sleep Program is tailored to each individual based on their responses to an online sleep profile.

HOW IS THE PROGRAM DELIVERED?

The initial session is delivered by phone, Skype or face to face. Subsequent sessions are delivered in the same way however may include email as well.



WHAT IS THE OUTLINE OF THE PROGRAM?

The Better Sleep Program is an interactive program made up of four sessions. A consultant will be assigned to you and will assess your responses to your online sleep profile and tailor a Better Sleep Program to suit your needs. Based on your sleep profile results, some or all of the below topics will be covered:

- Introductory session and sleep education
 - > Purpose of sleep
 - > How much we need
 - > What happens when we sleep
 - > What happens to sleep architecture when we don't get enough sleep
 - > Getting to sleep and staying asleep
 - > Using circadian rhythms* to help get to sleep
 - > Sleep quality
- Stimulus Control
 - > Find the time to sleep
 - > Keeping work out of the bedroom
 - > Preparing your body for sleep
 - > Developing good sleep habits
- Sleep restriction and cognitive therapy
 - > Assessing and monitoring sleep efficiency
 - > Control your thinking
- Stress, anxiety and depression: the role of sleep medication
 - > Overview of causes and self-help for stress, anxiety and depression
 - > Sleep medications: what are they; impacts on sleep and how and when to reduce them.
 - >



*Circadian rhythms are the daily rhythms of being awake and asleep and include how the body's core temperature changes and the varying levels of particular hormones in the body.

HOW MUCH TIME WILL I NEED TO COMMIT TO THE PROGRAM?

The Program is tailored to suit individual needs. It is interactive and does require some time commitment. Once you have enrolled in the Better Sleep Program participants are required to complete an online sleep profile. Following the online sleep profile, a program will be tailored depending on the outcome of your assessment/profile. Typical sessions follow the timeframe outlined below:

- An initial session with a consultant – approximately 2 hours
- Two one-hour sessions a week or fortnight
- Subsequent sessions – 2-4 weeks depending on needs
- Post treatment assessment with assistance managing any relapse
- With your consent, the consultant will follow up at six and 12 weeks post program.