

**SLEEP DISTURBANCES or SLEEP DISORDER: Resident presents with sleep disturbances or diagnosed sleep disorder.**

The resources below may be helpful with residents who complain of insomnia, or other sleep disturbances - especially as an alternative - or prerequisite to - the prescription of sleep aids.

Client motivation may be an issue.  
If so, we recommend the sequential use of:

MI stage-based resource #1

MI stage-based resource #2

MI stage-based resource #3

MI stage-based resource #4

TP 15 - Treatment suggestions.  
this is primarily a comprehensive workbook-based resource which guides the client through the following:

Sleep habits/sleep knowledge

Sleep hygiene

Coping skills and options

Self-analysis resources/action plan

Supplemental option: significant opportunity to learn and practice coping and relaxation skills is provided in resource C3 (comprehensive CBT coping skills resource) .

Supplemental options: significant opportunity to learn and practice coping and relaxation skills is provided in resource elements: CS1b , CS4b, CS4c, CA2, CS4.

### COLOR KEY

SOCIAL WORKERS
YOUTH SPECIALISTS
SPECIALISTS - AS ASSIGNED
MENTAL HEALTH PROFESSIONALS
RECEPTION STAFF