



# Space for Sleep, CBT(insomnia)

***Space for Sleep is an instantly accessible, evidence based, online Cognitive Behavioral Therapy for Insomnia course that aims to improve the symptoms of insomnia through the following five core modules (with an additional unlockable module):***

- Psychological education on sleep, insomnia, and CBT-I
  - Teaching evidence-based good sleep habits
- Unlearning negative associations around sleep and bedtime
- Reducing time in bed to primarily sleep time (unlockable module)
  - Challenging problematic beliefs and worries about sleep
    - How to prevent future relapses

Human support is available, as well as onward thorough assessment/psychological treatment as needed.

Scan the QR code to sign up via silvercloud on our website today

Or visit: <https://www.italk.org.uk/how-we-help/silvercloud/>

And click '**get started**' then select '**space from sleep**'

