



Sleep Scotland Sleep Counselling Training course – sample programme

Behavioural and cognitive approach to the management of sleep problems

<p align="center">Day 1</p> <ul style="list-style-type: none"> • Introduction to the course, each other and Sleep Scotland • Factors affecting families with children with additional support needs • A parent’s perspective • What is sleep? Sleep patterns and processes • Psychological approaches to sleep problems – principles and foundations 	<p align="center">Day 2</p> <ul style="list-style-type: none"> • Sleep disorders of childhood • Sleep disordered Breathing in children • Enuresis and sleep • Sleep problems in children with physical and sensory disabilities • Sleep problems in children with significant learning disabilities • The use of Medication in Sleep Management
<p align="center">Day 3</p> <ul style="list-style-type: none"> • Epilepsy & Sleep • Autism and sleep • Bedtime routines and behaviour management • Taking a sleep history: assessment questionnaire • Devising a sleep programme • Presenting the sleep programme 	<p align="center">Day 4</p> <ul style="list-style-type: none"> • Working with Sleep Scotland • A sleep counsellor’s perspective • Case studies
<p align="center">Day 5 (6-8 weeks after initial 4 days)</p> <ul style="list-style-type: none"> • Post course meeting for new Sleep Counsellors • Overview of the Sleep Support Session pack • Guidelines on facilitating a Sleep Support Session • Challenges & chances: Group discussion 	