



Sleep Coaching

Step-by-step Improving Your Sleep

Have you been struggling with sleep for a long time? Perhaps you find it hard to fall asleep, wake up frequently during the night, or wake up too early in the morning and can't fall back asleep.

These sleep problems can have a significant impact on your daily life, including reduced concentration, memory issues, low energy levels, and even changes in mood and physical health.

Our *Online Sleep Coaching* program is designed to help you gradually improve your sleep, guided by a sleep coach. Most participants notice improvement in their sleep after just a few weeks. The program is based on Cognitive Behavioral Therapy for Insomnia (CBT-I).

Online Sleep Coaching

- Runs alongside your regular treatment.
- **Short-term:** Includes 3 to 5 online sessions, held every two weeks. The first session is 1.5 hours; subsequent sessions are 0.5 hours each.
- **Focus:** Helps you improve your sleep habits and behaviors.
- If you are currently taking sleep medication, we will work together—when possible—to reduce its use in a controlled manner.

What to Expect?

- Your active participation and motivation are essential for success.
- You will keep a daily sleep diary before and during the program to gain insights into your sleep patterns. This takes a few minutes in the morning each day.
- The results depend on your effort and willingness to apply the strategies you learn to your daily routine.

Starting at the Right Time

It's important to choose the right moment to begin. For example, having a stable daily routine and avoiding recent changes in medication are key factors. Your healthcare provider will help you decide if this is the right time to start.

Important Notes

- The program begins after you've completed a two-week sleep diary, which will be provided by your healthcare provider.
- **Note:** If you use alcohol or (soft) drugs as a sleep aid, this form of sleep coaching is not suitable for you.
- To participate, you need a computer or tablet with a camera, microphone, and internet access. You also need to know how to use them.

Online Contact:	Once every 2 weeks
Number of Sessions:	3 to 5
Materials:	You will receive an online module.

Want to Sign Up or Learn More?

Consult with your practitioner whether he or she can register you. For more information, please contact trainingen@ggze.nl.

Sleep Coaching is a product of GGzE



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