CBT for Insomnia & Sleep Disturbances

An evidence-based, non-drug treatment for improving sleep & wellbeing

Who is Sleep Matters?

We are a behavioural sleep medicine service in Perth, comprised of Clinical Psychologists with specialised training and interest in sleep difficulties.
We are dedicated to improving access to quality CBT for Insomnia and sleep difficulties such as chronic nightmares, circadian rhythm disturbance (eg. advanced/delayed sleep phase), & difficulty adjusting to CPAP therapy. We also treat comorbid depression, stress, and anxiety that so commonly occurs with insomnia.

Who is our treatment for?

Our treatment is suitable for children, adolescents and adults. The poor sleep may be stand alone or comorbid with other conditions such as depression, anxiety, stress, pain, other sleep disorders, or medical conditions.

Symptoms of Insomnia

- Difficulty falling asleep
- Difficulty returning to sleep after waking
- Waking too early
- Unrefreshing sleep
- Daytime fatigue
- Reduced daytime functioning
- Worry about & preoccupation with sleep

Evidence

- The recommended first line treatment for Insomnia is Cognitive Behaviour Therapy-Insomnia (1).
- Insomnia-specific CBT is effective for stand alone insomnia and when comorbid with other conditions.
- CBT-I combined with sleep medication can be very effective for both immediate relief and long term treatment.
- Treating insomnia in patients with depression can improve response to antidepressant therapy.

1. Qaseem, A., et al. (2016). Management of chronic insomnia disorder in adults: a clinical practice guideline from the American College of Physicians. Annals of internal medicine, 165(2).
2. Kaplan, R. F., et al. (2014). Performance evaluation of an automated single-channel sleep–wake detection algorithm. Nature and science of sleep, 6.
3. Australian Department of Health Better Access Summary. http://www.health.gov.au/internet/publications/publishing.nsf/Content/mental-ba-eval-dsum-toc~mental-ba-eval-dsum-2

Our Services

- CBT-Insomnia: 4 - 6 sessions often required.
- Assistance with tapering from sleeping pills.
- Management of child & adolescent sleep disturbance.
- Objective sleep Assessment: We use an inexpensive, single channel EEG worn at home (2).
- Bright Light Therapy: Effective for treating circadian rhythm disturbance.
- Nightmare Disorder treatment.
- Assistance adjusting to CPAP therapy.
- Psychological management of comorbid presentations such as depression, anxiety, & stress.
- Group Insomnia Treatment Program: 4-week program run on Saturday mornings.

Insomnia and 'sleep problems' are eligible for referral via a mental health treatment plan (3). Gap payment = $110.95-$135.95 per consultation.

The Team

Dr Melissa Ree has a strong behavioural sleep medicine background, having trained as a postdoctoral fellow at Oxford University. She continues to be active in research, education and treatment of insomnia. Our team of 9 clinicians receive ongoing training and supervision.

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West Perth & Como

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SleepMatters

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