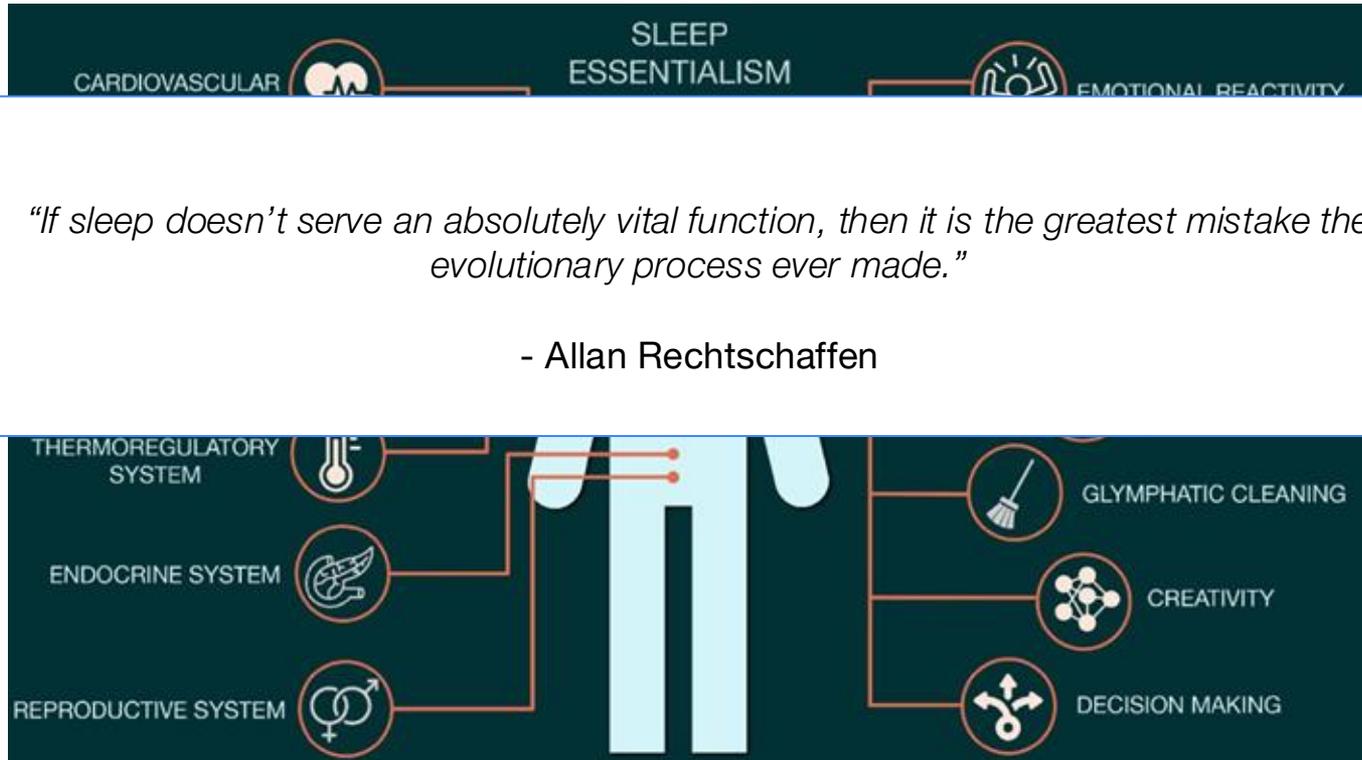


Sleep and Insomnia

SCLWN Knowledge
Exchange March 2026



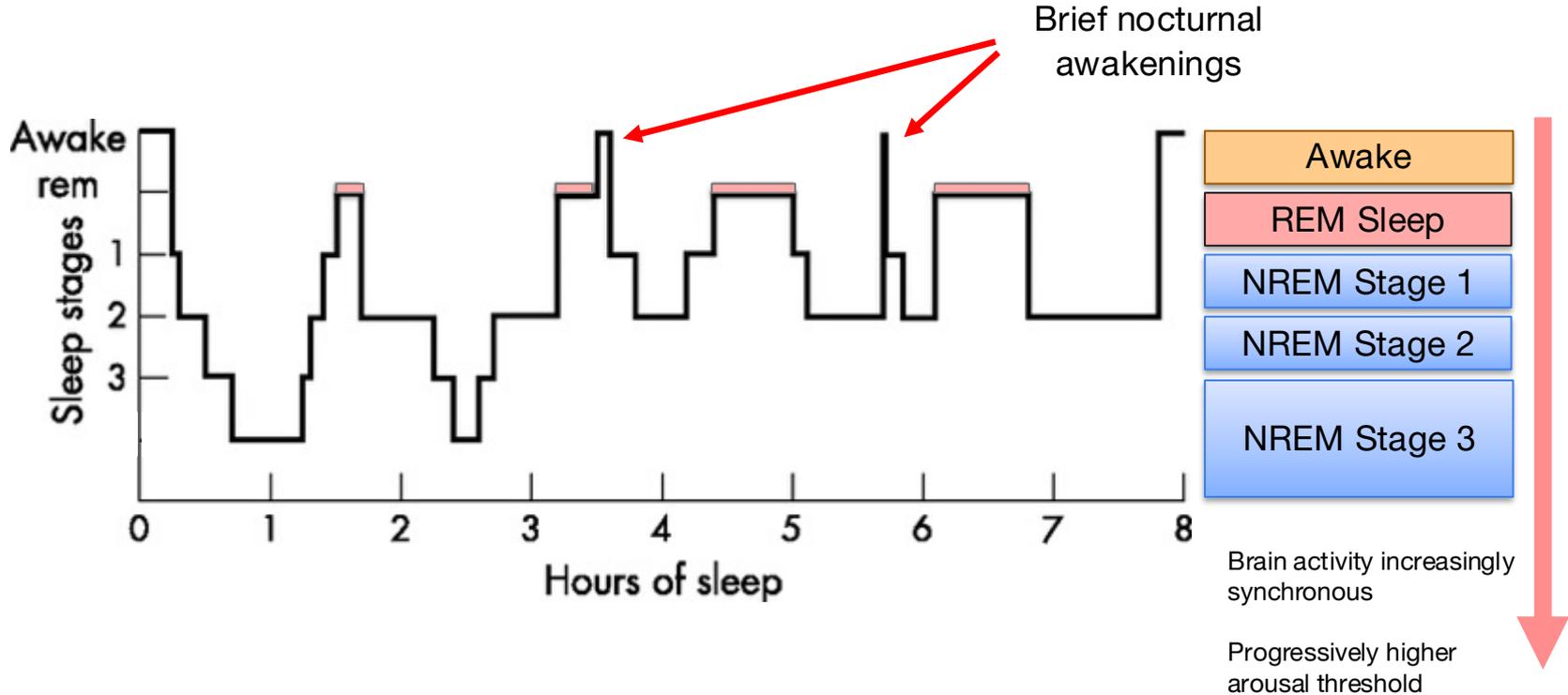
Sleep essentialism



“If sleep doesn’t serve an absolutely vital function, then it is the greatest mistake the evolutionary process ever made.”

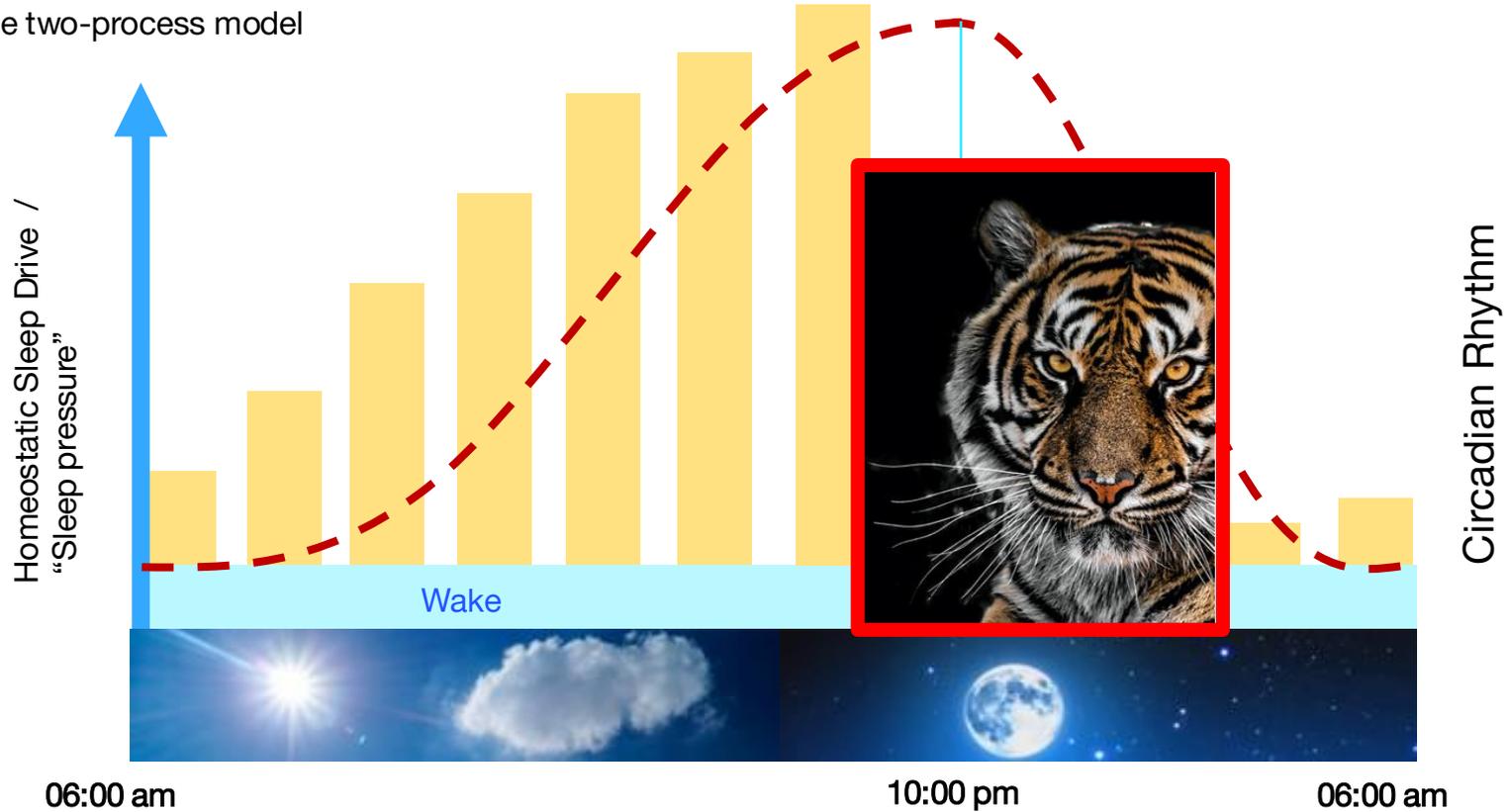
- Allan Rechtschaffen

Sleep architecture

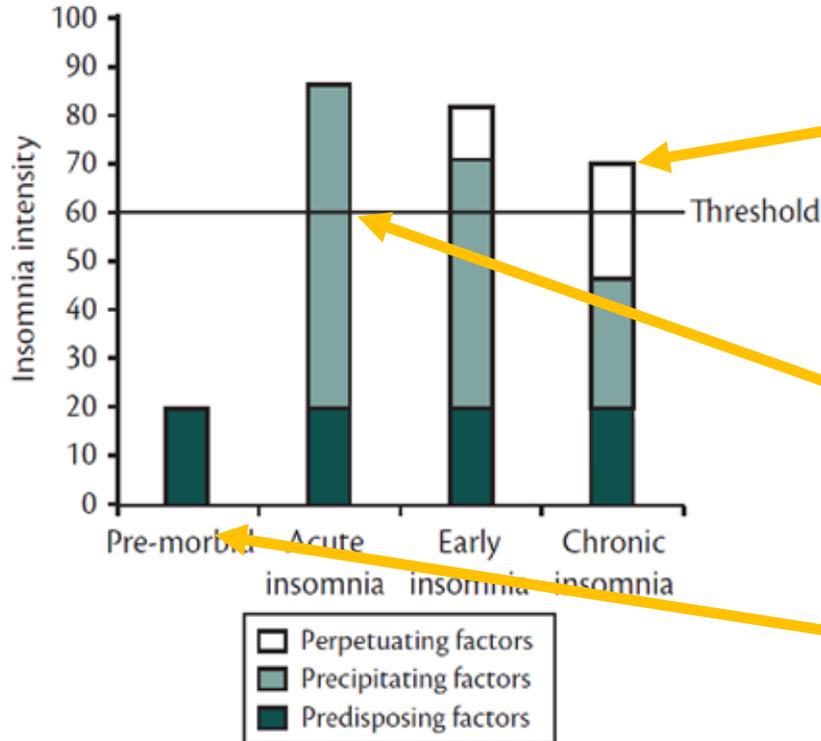


Sleep and wake

The two-process model



Insomnia: acute to chronic



Perpetuating Factors

Acute stressor subsides. For most, sleep returns to normal.

For some, **cognitive** (e.g. sleep-related anxiety/hyperarousal, sleep effort) and **behavioural** (e.g. extension of time in bed: going to bed earlier, lying-in in the morning), changes to the relationship with sleep result in perpetuation of the sleep disruption.

Precipitating Factor(s)

Life-stressor precipitates acute sleep disturbance (e.g. job loss, social stressor, relationship breakdown) and pushes individual over arbitrary threshold

Predisposing factors

Individual is pre-disposed to insomnia (e.g. genetic, demographic risks etc)



Cognitive Behavioural Therapy (CBT) for insomnia is the recommended **first line** treatment for insomnia¹

CBT works on tackling perpetuating factors:

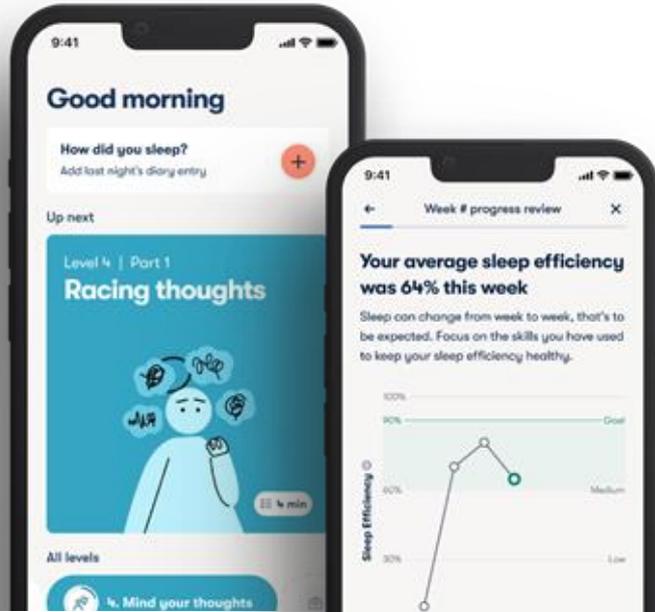
- **Cognitive strategies** to work on sleep-focused cognitions/ sleep-related anxiety
- **Behavioural strategies** to work on sleep inhibitory behaviours
- **Relaxation techniques** to work on hyperarousal

Introducing Sleepio

- Sleepio is a free, NHS-recommended treatment for insomnia and poor sleep
- It delivers cognitive behavioural therapy (CBT) for insomnia in 10-minute sessions over six weeks
- You can access it instantly at sleepio.com/nhs



Core techniques rooted in **cognitive behavioral** **principles**



Stimulus Control teaches members healthy sleep habits to promote behavior change and strengthen the association between the bed and sleep

Sleep Restriction recommends personalized bedtime and wake time to improve sleep efficiency and maintain a consistent sleep-wake schedule

Cognitive Restructuring helps members challenge negative and unhelpful thoughts about sleep

On-Demand Toolkit provides interactive exercises to practice techniques and relax the body and mind

The What, Why and How of Sleepio

What: Sleepio is a free, NICE-recommended treatment for insomnia and poor sleep.

Why: It delivers the clinically proven, first-line treatment (CBT) in 10 minute sessions over six weeks.

How: Go to sleepio.com/nhs

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