

UC BERKELEY SLEEP TEAM



Fall Newsletter | October 2020



STUDY UPDATES

UPCOMING TRAININGS

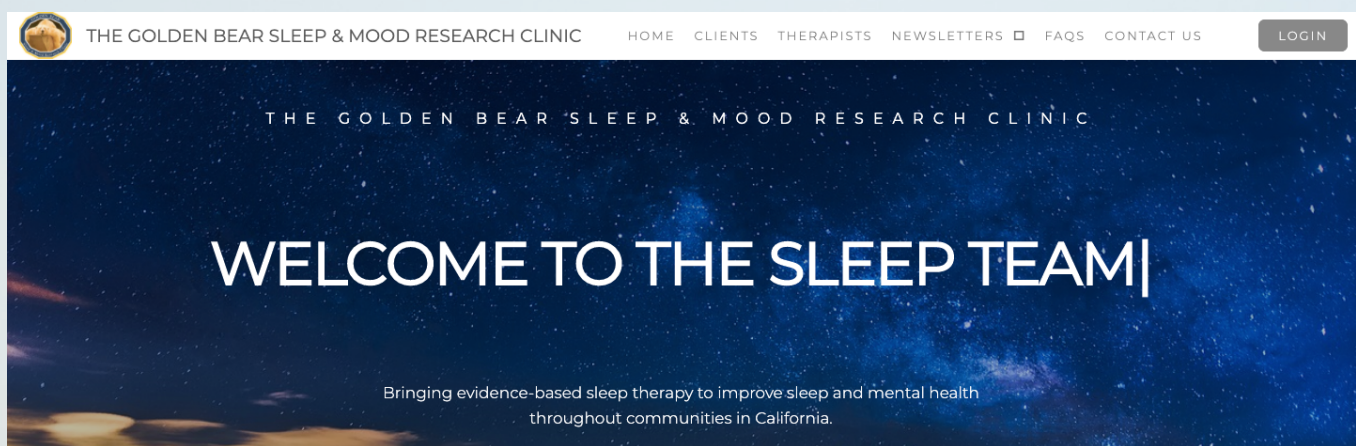
As we begin this fall season, we're reflecting on the gratitude we feel for all of our providers. We are happy to have trained over 200 providers and are grateful for your collaboration to spread knowledge about sleep health. Thank you for being a valuable part of our team!

If anyone on your team would like to be trained or you would like to attend a refresher course, please don't hesitate to reach out.

Check out the new website

The website is up for clients and providers to view materials and review FAQs. Login to access info on next steps after training, client referrals, workbooks, sleep diaries, forms and more.

See what's new at sleepteam.berkeley.edu



Sleep is both a basic human need, and a critical skill for resilience and coping. Good sleep following a crisis has been shown to predict positive outcomes.

Research has shown that sleep will...

Promote emotional regulation and mental health



Boost the immune system



Help process trauma and build resilience



How to integrate sleep work into treatment during times of crisis: Most sleep treatment strategies will also help with crises as they are intended to boost our immune system, promote relaxation, manage unhelpful thoughts and beliefs, and create healthy routines.

- Focus on helping the client to establish **consistent routines and structure** in their daily activities. This will promote both good sleep and nervous system regulation. See ‘Wake Up and Wind Down Routines’ in the workbook.
- Prioritize teaching **relaxation techniques**. See ‘Reducing Sleep Related Worry’ in the workbook for some ideas. Particularly encourage clients to practice the ‘Imagery’ exercise before bedtime. This will also help reduce nightmares.
- Set up a plan for helping them **function well during the day** (see ‘Improving Daytime Functioning Module’). This will promote resilience to trauma, as well as restful sleep.

Certification Options

Certificate of Training Completion

Certified Sleep Therapist

Certified Sleep Therapist Trainers

Step 1

- Complete your training and receive a certificate of completion.

Step 2

- Complete sleep therapy with 3 clients
- Attend supervision sessions
- Submit at least 1 session for review

Step 3

- Review training materials
- Practice run with Emma
- Provide consultation for colleagues

Enrollment

Clients Enrolled | Providers Enrolled

74

38

