

# Happy New Year from the UC Berkeley Sleep Team



Winter Newsletter | January 2021

## STUDY UPDATES

### Happy New Year!

As 2021 has (finally) arrived, we have been reflecting with gratitude on the partnerships we have been able to build with all of our amazing community organizations in the last year.

Together, we have brought sleep treatment to 103 clients in 9 counties, trained about 300 providers in sleep treatment, and even started to train our first group of community-based trainers! We've heard from clients about how the work you're doing with them is **improving their mental health, quality of life, and resilience**. While this year has been a challenging one, we've been continually inspired by the dedication you've brought to helping your clients through it all.



## 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](https://sleepteam.berkeley.edu)



# 7 Positive Effects of Getting Enough Sleep



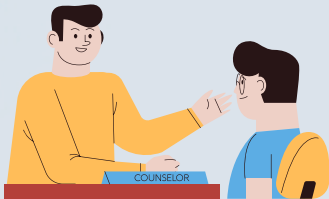
## THE POWER OF SLEEP

### Getting enough sleep can...

- help reduce symptoms related to depression and anxiety
- Strengthen your immune system reducing the length of of sickness
- reduce the risk of heart disease
- reduce cravings for salty and sweet snacks
- improve concentration and memory
- help manage stress
- help process trauma and build resilience

## SIMPLE STEPS TO BECOME A CERTIFIED SLEEP THERAPIST

**COMPLETE SLEEP THERAPY WITH 3 CLIENTS**



**SUBMIT AT LEAST 1 SESSION FOR REVIEW**

Options include recording a session with a client, recording a mock therapy session with a colleague, or submitting a session process note



**ATTEND SUPERVISION SESSIONS ABOUT EVERY OTHER WEEK WHILE IN TREATMENT WITH CLIENTS**



**ENROLLMENT**

**Clients Enrolled | Providers Enrolled**

**103**

**54**

