

# Digital Mental Health for Sleep Problems

## WHAT IS A SLEEP DISORDER?

It is recommended that adults get between 7 to 9 hours sleep per night, but many people regularly fall short of this. Prolonged and consistent difficulties falling asleep, waking up early and not being able to get back to sleep, or waking up feeling unrefreshed can be a sign of a sleep problem called insomnia.

Alternately, some people get too much sleep, nap regularly and yet continue to experience excessive daytime sleepiness. This is known as hypersomnia.

Other sleep disorders involve abnormal movements, behaviours, emotions, perceptions and/or dreams that occur during sleep or when falling asleep or waking up. Examples include sleepwalking, acting out dreams, discomfort in the legs alleviated by movement, or abruptly awakening from sleep with a sense of intense fear.

Scan to download a free PDF version from the eMHPrac Website



Sleep problems can be a sign of a serious physical illness.

It is important to discuss any sleep concerns with your GP so that the cause can be properly identified.

## WHAT ARE THE SYMPTOMS OF A SLEEP DISORDER?

### Physical

- Difficulty falling asleep (longer than 30 minutes)
- Waking up in the middle of the night
- Waking up early and being unable to go back to sleep
- Excessive sleepiness during the day
- Sleeping too much
- Lack of energy/fatigue
- Muscle tension associated with going to sleep
- Restless feeling in legs
- Sleepwalking or sleeptalking
- Sleep terrors - waking abruptly with intense fear, often inconsolable
- Feeling like you are falling when you drift off to sleep

### Psychological

- Racing thoughts before bed
- Feeling wound up or anxious before bed or about sleeping
- Irritability/frustration
- Poor concentration
- Preoccupation with getting enough sleep

### Behavioural

- Monitoring for signs of sleepiness
- Taking a book/phone/laptop to bed in case of lack of sleep
- Checking the clock

# Digital Mental Health for Sleep Problems

## Digital Mental Health Gateway

### Head to Health

#### Head to Health

A website that links Australians to online and phone mental health services, information and resources.  
[headtohealth.gov.au](http://headtohealth.gov.au)

## Information Sites



#### Better Health Channel

Information and advice on getting a better night's sleep.  
<https://www.betterhealth.vic.gov.au/>



#### Sleep Health Foundation

Factsheets, resources, and tips regarding common sleep problems.  
<https://www.sleephealthfoundation.org.au/>



#### Beyond Blue

'Sleeping well' website, moderated forums, and phone and online counselling for a range of mental health issues.  
<https://www.beyondblue.org.au/>



#### Raising Children Network

Information and sleep advice for parents with young children.  
<https://raisingchildren.net.au/>



#### ReachOut

Advice and moderated forums addressing sleep problems in young people. Youth and parent sections.  
<https://au.reachout.com/>



#### headspace

Factsheets, moderated forums, and phone/email/online chat for young people (12-25 yrs) experiencing a range of issues.  
[headspace.org.au](http://headspace.org.au)  
1800 650 890

## Relaxation or Meditation Strategies



#### Smiling Mind

A website and app teaching mindfulness meditation to young people (7-22 yrs), and adults.  
<http://www.smilingmind.com.au>



#### ReachOut Worry Time

An app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them.  
Available on Apple Store and Google Play

## Self-Guided or Therapist Support Programs



#### This Way Up 'Insomnia'

Online, self-guided CBT programs for sleep and other issues. Own clinician assisted option available.  
<http://www.thiswayup.org.au/programs/>



#### My Digital Health 'SleepWell'

A biopsychosocial web & mobile-based intervention program for insomnia.  
<http://www.mydigitalhealth.org.au>



#### Centre for Clinical Interventions 'Sleep'

Self-help workbooks for a range of mental health issues and audio files guiding you through relaxation techniques.  
<http://www.cci.health.wa.gov.au/resources/looking-after-yourself>



#### Open Arms

Interactive online Healthy Sleeping Tool and High Res app with stress management tools for veterans.  
<http://www.openarms.gov.au/>

## Factors that Affect Sleep



#### New Access

Assessment and up to five face-to-face or phone/video sessions with a NewAccess coach to help tackle everyday pressures.  
<http://www.beyondblue.org.au/get-support/newaccess>



#### Stress Less Tips

Evidence-based tips that can help support mental health and wellbeing by decreasing stress. Also includes specific tips for uni students and new parents.  
<http://www.stresslesstips.org.au/>



#### My Compass

An interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety, and/or depression.  
<http://www.mycompass.org.au/>



#### MindSpot Clinic 'Chronic Pain'

Online courses for chronic pain and a range of issues. Includes assessment, feedback, and therapist support.  
<http://www.mindspot.org.au/>  
1800 61 44 34



#### Counselling Online

A free and confidential online text-based service where you can communicate with a professional counsellor about your own alcohol and drug use, or that of a loved one.  
<http://www.counsellingonline.org.au/> (24/7)

## Key

Service appropriate for children, young people or parents.