

How to Treat Sleep Disorders

The most important aspect in treating sleep disorders effectively is making an accurate diagnosis. Sleep disorders are becoming better recognised, but many doctors get very little dedicated sleep medicine training during their time in medical school or postgraduate education.

The good news is that there are good treatments for many common sleep disorders such as medication for **restless legs** and **narcolepsy**, or simple breathing machines which use mild air pressure to keep an airway open (CPAP) for **obstructive sleep apnoea**.

Insomnia disorder can be treated using cognitive behavioural therapy (CBT) techniques and the number of sleep clinics in the UK providing this type of treatment is increasing, but there is still relatively poor provision for this type of non-drug treatment, even though it has a good evidence base. Sleepstation is an online CBT course for insomnia.

Despite much research supporting the effectiveness of CBT for insomnia disorder (known as CBTi), few therapists have training in this treatment. **If you suffer from insomnia disorder, Sleepstation could help you.** Simply take our assessment to find out.

If you think you might be suffering from narcolepsy, obstructive sleep apnoea or another sleep disorder then please consult your doctor before starting the Sleepstation course as they will be able to assist you in making a decision on whether Sleepstation could help you.

