

How to contact us

Patient Services

The Royal London Hospital for Integrated Medicine.

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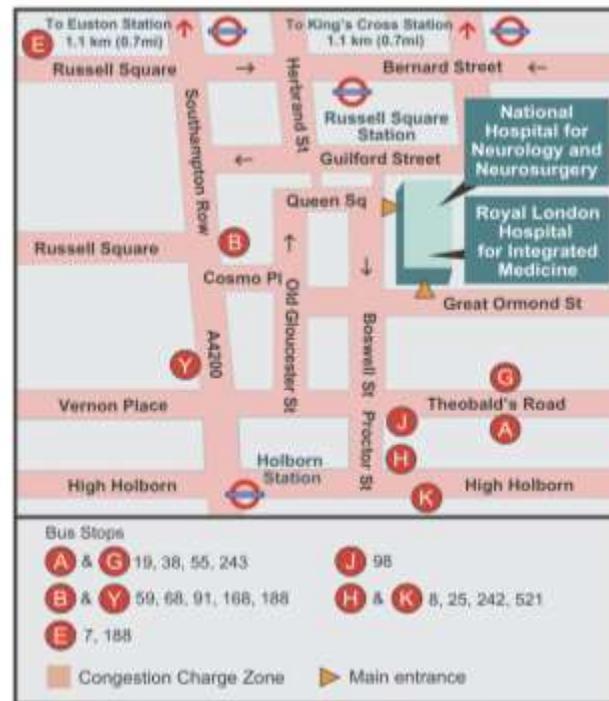
Website: www.uclh.nhs.uk/rlhim

How to be referred

The Royal London Hospital for Integrated Medicine (RLHIM) is part of University College London Hospitals NHS foundation trust and accepts all NHS referrals. GP referrals are by letter or via Choose and Book. Patients can also be referred by their NHS hospital consultant.

NHS Choices provides information and an opportunity to provide feedback about our service www.nhs.uk

If you need a large print, audio or translated copy of this document, please contact us on 020 3448 2000. We will try our best to meet your needs.



Royal London Hospital for Integrated Medicine

Insomnia Service

This leaflet has been written by the Insomnia clinic team at the Royal London Hospital for Integrated Medicine. It is intended for patients (or their family or carers) who may be referred to this clinic.

If you would like any further information please contact Patient Services (over page).

What is insomnia?

Insomnia is difficulty in getting to sleep or staying asleep which can lead to tiredness and other symptoms. Insomnia is a common and very debilitating problem. It can affect how we function at work and at home. It can also affect our quality of life and our mental health.

What is the Insomnia Service?

The Insomnia Service treats people with sleep problems and related disorders.

This is a comprehensive service with input from other specialities such as psychiatry, psychology and occupational therapy. The clinic also has links with other sleep and specialist services across UCLH.

What should I expect when I come to the clinic?

You will be seen by a doctor who will do a thorough assessment of your insomnia.

You will be asked about any other sleep disorders, medical conditions or mental health conditions that might be contributing to the insomnia. If further tests are required we will arrange these within the hospital or with your GP.

At the end of the session the doctor will discuss the treatment options with you and agree a treatment plan.

What treatments are available?

Most patients are offered a course of Cognitive Behaviour Therapy. This is a scientifically proven set of practical techniques to improve sleep.

The therapy is usually done in small groups, but some patients may be offered individual sessions. The clinic also works with GPs to offer advice on sleeping pills and other medications that might affect sleep.

You will be seen by a doctor upon completion of the treatment programme to see if any further treatments or investigations are required.

Your appointment

If you are unable to attend your appointment please let us know at least 48 hours beforehand so we can offer your appointment to someone else. If you do not attend your appointment without telling us we may refer you back to your GP.

Following your treatment you will be referred back to your GP.

Professional education and training

The RLHIM is also a teaching hospital and from time to time other healthcare professionals may observe in outpatient clinics as part of a training course. We will always ask your permission for students to sit in during your consultation. You do not have to have students present if you would prefer not to.