









Sleep Intervention

Using sound behavioural principles, and empirically supported interventions our **Sleep Tight** program is a **practical, four-session treatment program, individually delivered by a regulated health professional**. It is difficult to overestimate the impact of sleep on recovery and rehabilitation. For those who are having sleep difficulties related to chronic pain, traumatic brain injury, anxiety or depressive symptoms related to an accident or injury, Brainworks' **Sleep Tight** program improves sleep routines in order to increase restful sleep with the end goal being improved cognitive, behavioural, physical and psychosocial functioning.

Components of the **Sleep Tight** Program:

-  An assessment to develop a comprehensive, individualized treatment plan
-  Evidence-based treatment practices that incorporate a cognitive behavioural approach
-  Goal-focused, client-centered and community-based
-  An emphasis on incrementally increasing the duration of restful sleep
-  Focus on slowly building success by supporting the client in accomplishing incremental goals
-  An innovative sleep kit is provided with a journal, ear plugs, sleep shades & other items



For more information about our **Sleep Tight** Program or our other services or programs, please visit our website, www.brainworksrehab.com, or contact:

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