



Cleveland Clinic

COULD YOUR PATIENT BENEFIT FROM OUR SLEEP SKILLS GROUP FOR INSOMNIA?

If you are uncertain whether the Sleep Skills Group could help your patient with insomnia, the following checklist of relevant questions may help you decide.

Does your patient ...

- have difficulty initially falling asleep at night?
- wake up in the middle of the night and have trouble falling back to sleep?
- wake up too early?

In addition to one or more of the above complaints, does your patient report ...

- tired and grumpy feelings during the day?
- trouble concentrating at work or school?
- low energy?
- lack of motivation?
- daytime sleepiness?
- frustration and worry about sleep?
- irritability?
- desire to avoid pharmacological treatment of insomnia?
- desire to taper off/discontinue sleep medications due to side effects or concerns about tolerance/dependence?

If you answered “yes” to at least one question in each of the above categories, the Sleep Skills Group at Cleveland Clinic Sleep Disorders Center may be the best option for your patient.

To learn more about this program or to make a referral, contact Cleveland Clinic Sleep Disorders Center at 216.444.2165.

Referrals to the Sleep Skills Group can also be made in Epic. Go to Order Entry and select “Consult to Sleep Skills Group.”