

## Guidance Sheet

# A good night's sleep How to use the booklet



### Who is this booklet for?

Many people might be feeling down or struggling to cope with the coronavirus emergency and restrictions. This booklet is for people with learning disabilities who might be having problems sleeping at this time.

### Who can help talk through this booklet with people with learning disabilities and how do they to do it?

This guide is for people who can help talk through the booklet with the person with a learning disability. These can be family members, friends, or support staff. The booklets are also suitable for social care staff and health professionals and have been developed and tried out in a national research project. Although the booklets were designed to be accessible, many individuals with learning disabilities will have few, if any, literacy skills. Even if individuals do have literacy skills, the idea of the booklet is to give the person a chance to talk through their feelings with someone else. This means that the support person has a key role.

The booklet can be talked through in a number of ways depending on the individual circumstances of the person with learning disabilities. You can meet face-to-face if social distancing restrictions

allow, or by phone using a printed or online copy. You can also use online video links such as zoom or skype or mobile phone apps, if you and the person with learning disabilities have internet or enough mobile data.

It will take between 40 minutes and one hour to go through the booklet. Take your time.

### **What is this booklet about and how can it help?**

This booklet is about helping people to sleep well. This can be a problem if people's routine changes or if they are feeling down or anxious. The aims of the booklet are to help the person to sleep better and to show how sleep is important for everyone's wellbeing.

### **How do you bring the booklet to life for the person having sleep problems?**

The booklet makes lots of suggestions about developing a better sleep routine. It is important to relate this content to the person's own life and experience. Ask the person about what they find difficult and what works for them. Give the person a chance to tell you about what's been happening in their life. Don't rush through the booklet, stop and talk about the different points the person brings up. Remember to read out all the words shown in the pictures. Pause and check the person's understanding after completing each section of the booklet.

Building a trusting relationship with the person you are trying to help makes a real difference to how they feel. So it is crucial to listen carefully to what they are telling you and to try to understand their point of view.

### **If the person becomes upset**

The booklet is for people who might be feeling a bit upset or who are struggling emotionally. So it's understandable if people become a bit upset when talking about their feelings. However, if there are serious concerns about someone's mental health or if they are at serious risk of harming themselves or others then their GP should be contacted.

### **Other booklets and resources**

Before you use this booklet read through the introductory booklet with the person you are supporting. It tells you about the other booklets you can look through. They show different ways of helping the person to feel better. You will find these other resources at the Scottish Commission for Learning Disabilities [www.sclld.org.uk/information-on-coronavirus/](http://www.sclld.org.uk/information-on-coronavirus/)

and at NES Scotland <https://www.nes.scot.nhs.uk>

This booklet has been adapted from StepUp, a guided self-help intervention for people with learning disabilities and depression. You can look at the online training for StepUp which includes video clips.

Online modules and the manual on StepUp can be found at NES Scotland,

<https://learn.nes.nhs.scot/15095/learning-disabilities/talking-therapies-for-depression-step-up>

And NHS Education England.

<https://www.e-lfh.org.uk/programmes/intellectual-disability-and-depression-talking-therapies/>

### **Feedback**

If you have any feedback or thoughts about the booklets then we would really like to hear from you. You can contact

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