



trouble sleeping

Learn about how better sleep supports
wellbeing with the sleep expert

For regular sleep tips and advice direct to your inbox,
sign up to the Trouble Sleeping mailing list

✦ **CLICK HERE TO SIGN UP**

"Lindsay has now resolved my
problem completely, I am
sleeping better than I have slept
for a very long time, and this is all
down to her helping me through
a very difficult time in a very
caring and understanding way."

– Michael, Insomnia Client



Follow Dr Browning for
sleep advice and support
@drbrowningsleep



Meet Dr Lindsay Browning

Trouble Sleeping was founded in 2006, by Dr Lindsay Browning, to help people with their sleep.

Dr Browning is a chartered psychologist, neuroscientist and author, who holds a doctorate in insomnia from the University of Oxford. She is a qualified sleep expert offering services based on cognitive behavioural therapy for insomnia (CBT-I). Her book, *Navigating Sleeplessness*, is a trusted resource that has supported many with their sleep issues and concerns.

Whilst offering sleep therapy for individuals, Lindsay specialises in bespoke corporate workshops and seminars for organisations and charities. She is also a sought-after guest and contributor for sleep advice in magazines, newspapers, radio shows and TV programmes.



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IN THE MEDIA

Dr Lindsay Browning is regularly requested to contribute to magazine and newspaper articles for her advice on all areas of sleep issues and concerns, for adults and children. She has also appeared on TV and radio.

For guest expert advice, contributions or features, please contact info@troublesleeping.co.uk



As featured in...

THE TIMES

The Mail

HUFFPOST

THE Sun

woman&home

heat



BBC RADIO

HELLO!



FOR BUSINESSES AND ORGANISATIONS

Trouble Sleeping is proud to offer valuable webinars, seminars and bespoke workshops for businesses and organisations who are looking to help their people with their wellbeing, including sleep issues.

"I was lucky enough to secure a place in Dr Browning's sleep seminar when she was invited to my work place. Dr Browning gave numerous hints and tips which I put to use that very night and hey presto! The pressure appeared to be lifted and I had the best sleep in 3 years."

- Donna, Corporate Client

Sleep Seminars and Corporate Wellbeing Workshops

Someone who sleeps for less than 6 hours per night takes an additional 6 days off work per year, compared to someone sleeping 7-9 hours per night.

Poor sleep costs the UK economy £40 billion per year through absenteeism and lack of presenteeism. As part of your corporate wellbeing strategy, Trouble Sleeping offers Better Sleep and Wellbeing talks, seminars and workshops. These are an incredibly effective way of improving your staff's sleep and wellbeing. They can be delivered online or in person.

Starting from 30-minute sessions through to full

wellbeing events, with different themed sessions, drop-in clinics and interactive workshops, packages can be tailored to your needs.

The most popular option is a one-hour introductory 'improving sleep and wellbeing' webinar, which includes time for interaction and questions.

Drop-in clinics or individual sessions can be included, in addition to a talk or workshop. These enable employees with specific sleep concerns to have a 1-to-1 with Dr Browning.

SESSION TOPIC SUGGESTIONS

- ✦ Improving sleep and wellbeing
- ✦ Stress and sleep
- ✦ Relaxation techniques
- ✦ Shift work strategies
- ✦ Optimising sleep for athletics and sport
- ✦ Managing jet lag
- ✦ Children's sleep
- ✦ Overcoming insomnia
- ✦ Sleep disorders
- ✦ The menopause and sleep

As author of Navigating Sleeplessness, Dr Browning can offer a bulk discount on the purchase of her book for event attendees.



FOR EVENTS, RETREATS, HOTELS AND RESORTS



KEYNOTE SPEAKER

Dr Browning has been keynote speaker for numerous corporate wellbeing events, as well as at conferences and for after-dinner speaking occasions.

She can speak on a wide range of sleep topics and will offer those in attendance advice and guidance that they can implement that very night.



WELLBEING RETREATS

Do you have a wellbeing event or retreat planned? Would you like a session to help your delegates and attendees to make the most of the relaxation with a session on helping them to sleep better?

Get in touch to learn more about Dr Lindsay Browning's specialist wellbeing sessions.



RESIDENT SLEEP THERAPIST

Dr Lindsay Browning is an experienced 'resident sleep therapist', offering sleep workshops and individual sleep therapy sessions, as part of the experience for guests staying in hotels and luxury resorts.

If you are looking for a resident sleep therapist to offer your guests that little extra when they come to stay, speak to Dr Browning.

She can support not only your guests, but also advise on your menu and your bedrooms to help you to offer the optimal conditions for a good night's sleep for all.

Get in touch today to see how Trouble Sleeping can support your organisation or event to offer that something extra –
email: info@troublesleeping.co.uk

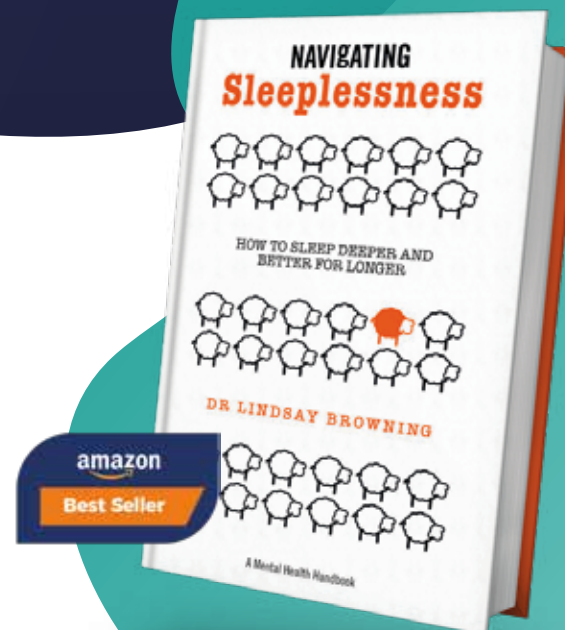
NAVIGATING SLEEPLESSNESS

We are experiencing a sleeplessness epidemic, but we can all take steps to improve the quality of our sleep. The key to sleeping well is to develop good habits that work for you. Find out how with this excellent self-help book, by Dr Lindsay Browning

Navigating Sleeplessness helps you to learn to understand your patterns and discover what works, so that you can build and maintain a healthy personal sleep plan. This easy-to-follow book offers actionable strategies and step-by-step solutions to develop better sleep, using self-care and self-compassion.

You will discover how to:

- ✦ Understand the difference between 'good' and 'bad' sleep
- ✦ Cope better with temporary sleeplessness
- ✦ Begin to unlearn unhelpful sleeping habits
- ✦ Challenge your misconceptions about how well, or badly, you sleep
- ✦ Practice tailored self-care that's likely to lead to improved sleep



✦ **CLICK HERE TO BUY THIS BOOK TODAY AND START SLEEPING BETTER TONIGHT**

"For anyone with Insomnia, Dr Lindsay Browning's book 'Navigating Sleeplessness' is a must! After 6 years of chronic insomnia, this is the only resource that has made a major difference, no more sleeping tablets and lots more sleep."
J Pascoe (5* Google Review)

This is an excellent book to help all the family sleep better. It's not a one time read, you can dip in and out of it with its clearly defined six chapters.
- S Lewis (5* Amazon Review)

Available at **amazon** WH Smith Waterstones

SLEEP THERAPY SERVICES

People of all ages have been helped at Trouble Sleeping, ranging from infants through to retirees.

We recommend **Navigating Sleeplessness** as a great option to help resolve occasional sleep disturbances and concerns. However, sometimes, professional help is needed.

To find out if sleep therapy is the right option, book a no obligation 15-minute consultation so we can answer any questions you may have and discuss the options suitable for your specific sleep issue.

★ **CLICK HERE TO BOOK
A CONSULTATION**



FOR ADULTS

Trouble Sleeping offers bespoke sleep therapy for all adults, including a **one session package** for those with simple or more recent sleep issues, or a **5 session package**, involving CBT-I treatment, for those with longer term sleep issues, including insomnia.

Sleep therapy packages include:

- ✦ **Pre-session questionnaires** and a detailed history of your sleep issue
- ✦ **a daily online sleep diary**
- ✦ **1-to-1 sessions with Dr Browning**, online or in person, to discuss behavioural and cognitive changes to help you improve your sleep
- ✦ **a personalised treatment plan**
- ✦ **follow up support for 1 month**

What is CBT-I?

CBT-I stands for Cognitive Behavioural Therapy for Insomnia (CBT-I). It is very effective and is currently the NICE recommended first-line of treatment for insomnia. Research suggests CBT-I is effective in 70-80% of people to improve time taken to fall asleep, increasing total sleep time and reducing awakenings.

Want to read more? [Click here](#)

FOR CHILDREN

Children can face problems with their sleep, which can be distressing for both them and their parents. These issues can be diverse and have a wide range of causes and treatments.

Child sleep consultations include:

- ✦ **Pre-session parent questionnaires**
- ✦ **a sleep diary for the child** to complete
- ✦ **a 1-to-1 session with Dr Browning** to discuss strategies to improve your child's sleep, with both the parent(s) and child
- ✦ **a personalised treatment plan**
- ✦ **follow up support for 1 month**

SPECIALIST SLEEP SUPPORT



SCHOOLS AND SLEEP EDUCATION

The Government's statutory health education guidance states that all primary and secondary pupils should be taught about the importance of getting sufficient good quality sleep for good health and wellbeing.

Trouble Sleeping has worked with several private and state schools to deliver webinars and workshops about better sleep to teachers, parents and students. The sessions can be delivered within schools as part of your PSHE offering or offered as an extra-curricular event.



SHIFT WORK CONSULTANCY

Trouble Sleeping has worked with organisations such as utility companies, the NHS and the police in advising on shift work schedules and best practice for managing sleep, during shift work.

Advice can start from a simple webinar to employees about managing sleep during shift work, through to a full consultancy and audit of your organisation's shift work patterns. This can include practical advice such as lighting, office design and catering options for ideal night shift work conditions and for minimising fatigue.



SLEEP FOR ATHLETES

Sleep is a vital pillar of success for elite sports people. The edge that good quality sleep gives to muscle recovery, reaction times and reduced injury risk are only a few of the numerous benefits elite athletes can enjoy when they are sleeping well.

Trouble Sleeping can work with you or your team, helping those who are struggling with their sleep, and offering easy to implement advice for an ongoing good sleep management strategy.

Contact us to
discuss your requirements.
Call 0118 901 0544



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SLEEP ADVICE FROM THE SLEEP EXPERT

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