

## **SleepingWell: In Conversation with Dr Michael Farquhar – Additional references and resources**

SleepStation - a clinically validated sleep improvement programme:

<https://www.sleepstation.org.uk/>

Sleep: Looking after your wellbeing – Guys and St Thomas':

<https://www.guysandstthomaseducation.com/projects/sleep-looking-after-your-wellbeing/>

Fatigue Support and Resources - Association of Anaesthetists:

<https://anaesthetists.org/Fatigue>

BMA Fatigue and Facilities charter (2018):

[https://www.bma.org.uk/media/1076/bma-fatigue-and-facilities-charter\\_july2018.pdf](https://www.bma.org.uk/media/1076/bma-fatigue-and-facilities-charter_july2018.pdf)

### **Glossary, with references**

**SSRI** – Stands for selective serotonin reuptake inhibitors. SSRIs are the most commonly prescribed type of antidepressant in the UK. Source - [About antidepressants - Mind](#)

**Nytol** – the brand name of diphenhydramine which is a drowsy antihistamine which is an over the counter medication used to treat short-term sleep problems. Source - [Diphenhydramine: drowsy \(sedating\) antihistamine - NHS \(www.nhs.uk\)](#)

**CBT** - Cognitive behavioural therapy (CBT) is a type of talking therapy. It is a common treatment for a range of mental health problems. CBT teaches you coping skills for dealing with different problems. It focuses on how your thoughts, beliefs and attitudes affect your feelings and actions. Source - [What is cognitive behavioural therapy \(CBT\)? - Mind](#)

**CBT-I** - Cognitive behavioural therapy for insomnia (CBT-I) is a type of CBT designed to help with insomnia. NICE recommends CBTi as the first-line approach for chronic insomnia. Source - [CBT-I \(CBT for insomnia\) - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust \(cntw.nhs.uk\)](#)