

# A Good Night's Sleep



Phyllis  
Tuckwell  
Hospice Care  
...because every  
day is precious

Helping you to have  
a restful night



This group teaches you and your carer simple self-help and relaxation techniques to improve your sleep.

For more information about A Good Night's Sleep, contact [liz.faulkner-manning@pth.org.uk](mailto:liz.faulkner-manning@pth.org.uk) or 01252 913066.

For information about Living Well, call **01252 913040**

Living  
Well



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## what are these groups?

A four week course for those who are struggling to sleep well. (Those who have a specific sleep disorder or ongoing sleep problems despite practising basic self-help techniques should be referred to the Sleep Clinic at the Royal Surrey County Hospital.)

## what are the benefits?

Learning simple self-help techniques and relaxation skills should improve the quality of your sleep.

## what happens in these sessions?

You will learn about normal sleep and sleep patterns, try some self-help techniques to improve your sleep efficiency, and practice some relaxation techniques specifically designed to aid sleep. You will also be asked to complete a simple Sleep Questionnaire at the beginning and end of the course. You need to be able to participate in a group, contributing to discussions and mutual peer support. You need to be able to retain and process the information and instructions, and be willing to attempt the homework tasks set between sessions.

## is transport to the venue available?

There is public transport to the site as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

## do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing and that you bring any medication you may need during your visit. Please inform us of any extra needs or support (eg oxygen) you have by completing and returning our Patient Checklist form in advance.

## when are the groups held?

Groups are currently run quarterly, at the Beacon Centre in Guildford.

## do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.