

# BRIGHT LIGHTS AWARDS 2021

**Nomination: Demonstrating a community response to COVID-19**

**QUEEN'S FAMILY HEALTH TEAM**

## **Sleep Therapy Program for Patients with Chronic Insomnia**



The Queen's Family Health Team (QFHT) offers Sleep Therapy group programs to patients with chronic insomnia. Recognizing that insomnia is a prevalent issue, our social worker and pharmacist worked with sleep expert, Dr. Judith Davidson, to develop this program. Using first line treatment of Cognitive Behavioural Therapy for Insomnia (CBT-I), this six-week program employs various strategies to help individuals to restore their biological sleep processes. Due to the COVID-19 pandemic, this program was modified to a virtual program. A drop-in group has been set up to support patients requiring ongoing support. The virtual group has been held several times with good patient participation and successful results.