



**SGH  
PGAHI**

POSTGRADUATE  
ALLIED HEALTH INSTITUTE

## Understanding Mental Illnesses Series – Going Beyond the Surface

### Understanding Insomnia

30 July 2021

#### Introduction

Insomnia is one of the most prevalent psychological health problems worldwide.

According to various studies and information from the National Sleep Foundation, approximately 30% of the adult population reported having one or more symptoms of insomnia; difficulty initiating sleep, difficulty maintaining sleep, waking up too early, and in some cases, having nonrestorative or poor quality of sleep and 9% reported having sleep difficulties that occurred on a regular basis (Ancoli-Israel & Roth 1999, Roth 2007).

Age and gender are the most clearly identified demographic risk factors with an increased prevalence in women and older adults.

Comorbid medical disorders, psychiatric disorders, and working nights or rotating shifts may also represent significant risks for insomnia.

#### Course Objectives

This course aims to enable participants to:

- Define and identify types of insomnia
- Know the classifications – DSM V & Sleep Association classifications
- Understand the Etiology and Symptomology
- Recognise the effects of insomnia in daily life
- Appreciate an overview of brief treatment strategies

#### Course Outline

- What is insomnia?
- What are the symptoms of insomnia?
- What is insomnia's impact on the individual's functioning?
- What are the consequences of chronic insomnia?
- What therapy approaches are used in dealing with insomnia (Behavioural, CBT-I)?

#### Quick Links

[FAQs](#)

[PGAHI Programmes](#)

[Training Calendar and Directory](#)

#### Course Details

Date	: 30 July 2021
Duration	: 2 hours
Time	: 3pm to 5pm
Class size	: 40 participants
Device required	: <b>Laptop/ Desktop</b> (with microphone, speaker and webcam)
Platform	: <b>Zoom Cloud Meetings</b> (Meeting details will be provided at a later date)
Fee	: <b>S\$90</b> (SingHealth) <b>S\$100</b> (Regular) (inclusive of 7% GST)

#### Target Audience

Healthcare Professionals

#### Teaching Faculty

**Kevin Beck** is a psychologist with the Department of Psychology, SGH. His main area of work is providing psychological therapy for mood disorders and other psychological disorders. He currently sees patients struggling with insomnia and other sleep related psychological conditions at the Sleep Disorders Centre. He is currently a co-investigator doing research in investigating *The Efficacy of Improving Use of CPAP with CBT and Use of Group Therapy for Patients with Insomnia*.

#### Registration

To register, scan the following QR code or click on the web link. Registration closes on **19 July 2021**.



<https://form.gov.sg/6078126ff16a5d0011b494b0>

Upon registration, you agree to [Terms & Conditions](#) of PGAHI.