



## Tools and resources on sleeping problems for use in clinical practice, education and training

### Complete this tool

#### [Insomnia Severity Index](#)

Use this scale by Bastien to rate the severity of insomnia symptoms over a 2-week period and gauge subjective sleep difficulties



### Read this resource

#### [Cognitive Behavioural Therapy for Insomnia \(CBT-I\)](#)

Learn about CBT-I and the underlying mechanisms of the therapy with this tool by the SleepHealth Foundation



### Access this webpage

#### [Sleep problems when living with terminal illness](#)

Read about common sleep issues, their causes and management strategies, including ways to support families or caregivers (Marie Curie)



### Explore this resource

#### [Cognitive behavioural therapy for chronic insomnia](#)

Explore further resources for training and the components of CBT-I: cognitive therapy, compiled by the RACGP



### Provide this factsheet

#### [Sleep hygiene](#)

Give this factsheet from Better Health Channel, Victoria Government, to palliative care patients and their families



### Utilise this tool

#### [The Pittsburgh Sleep Quality Index \(PSQI\)](#)

Assess sleep quality with this widely used self-report questionnaire by University of Pittsburgh

