



PSPNET

WE ARE HERE WHEN YOU NEED US

FREE, EVIDENCE-BASED, ONLINE THERAPY

developed with and for first responders
and other public safety personnel (PSP)

PSP Sleep Course

Many first responders and other public safety personnel (PSP) report significant sleep difficulties. The PSP Sleep Course was designed to help PSP address those concerns.

WHAT IS THE PSP SLEEP COURSE?

This four lesson course is offered with optional therapist support for PSP who report experiencing difficulties with sleep.



LESSON OVERVIEW

Lesson 1: Psychoeducation on sleep

Lesson 2: Sleep restriction and stimulus control strategies

Lesson 3: Information on thought monitoring and challenging and worry time

Lesson 4: Behavioural strategies including activity scheduling and wind down and up routines

THERAPIST SUPPORT

- Provided by registered psychologists or social workers experienced in working with public safety personnel
- Provided via secure email or phone calls
- Offered 1–2 times per week if needed
- Available for 12 weeks if needed

ADDITIONAL MATERIALS

- Extra resources (e.g., nightmares, shift work)
- Certificate of completion for 8 hours of education

Research on this course has been approved by the University of Regina.

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