



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

Complete this tool

[Insomnia Severity Index \(161kb pdf\)](#)

Use this scale by Morin 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 factsheet

[Sleep problems in palliative care](#)

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

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