

Introduction to the Online CBT Service offer

The Online CBT Service is an evidenced-based, digital offer of online therapeutic support.

The service is a 12-week, online guided self-help offer using the platform SilverCloud ® by Amwell.

There is a range of Mental Health and Wellbeing programmes available, including Anxiety, Depression, Sleep and Resilience.

The service is delivered by Powys Teaching Healthboard, throughout NHS Wales, supported by the digital therapy provider SilverCloud by Amwell.

The Online CBT Service is tier 0-1 service to help people prevent and promote their wellbeing and manage and improve their mental health (with no lower threshold, supporting mild-to-moderate level of mental health concerns).

Since May 2018, the Online CBT service has been available via a referred-in pathway across PTHB and has expanded since across other health boards. Since September 2020, the Online CBT service has been available across Wales via Self-referral, with a self-assessment required upon sign-up to determine suitability for the service.

Sleep Issues Programme by SilverCloud®.

(information taken directly from their programme materials).

The sleep programme from SilverCloud® by Amwell® is designed for individuals experiencing sleeping difficulties, either independently or comorbid to another condition. The programme aims to relieve symptoms by:

Focusing on developing healthy sleep habits and a good sleep cycle

Creating an evening routine to promote restorative sleep

Developing a good sleep/wake association with the bedroom and sleeping

This programme aligns with NICE guidance on sleep and sleep conditions.

The structure and content of the Sleep Issues programme follow the evidence-based principles of CBT, guiding users to reframe thinking patterns and build coping skills.

In keeping with the principles of CBT, which endorse a structured outline and a goal-oriented focus, each module contains sleep-specific information, interactive activities, homework suggestions and personal stories.

Therapeutic Concepts

1. Psychoeducation The Cognitive Behavioural Therapy (CBT) cycle is introduced in relation to sleep. Users gain an increased understanding of sleep and sleep disorders and examine the behaviours, beliefs and attitudes that can impact the sleep/wake cycle.
2. Behavioural techniques Sleep restriction provides a set of rules to follow to regulate the sleep-wake schedule by restricting time in bed to only the sleep window.
3. Relaxation Progressive muscle relaxation (PMR) is taught as a means to reduce the impact of physical and cognitive tension on sleep. Users are encouraged to practice this technique throughout the programme.

Modules Available

1. Getting Started Educates the user on sleep and sleep difficulties. The user is also introduced to CBT and how the Thoughts, Feelings, Behaviour (TFB) cycle can be useful in understanding sleep problems.
2. Good Sleep Habits Helps the user become aware of helpful and unhelpful sleep habits and supports the user to develop a healthy bedtime routine, which may include guided relaxation.
3. Improving Sleep Association Using the My Improving Sleep Association Plan, the user learns how to prepare a suitable environment for sleep.
4. Managing Thoughts & Worries The user learns techniques for managing thoughts and worries that impact the sleep cycle.
5. Keeping Your Sleep Cycle Healthy Prepares the user for coming to the end of the programme and maintaining a healthy sleep cycle in the future

Additional Modules

(Can only be unlocked by the supporter)

6. Sleeping Less To Sleep Better The user is introduced to the sleep restriction tool and its role in improving sleep efficiency.
7. Sleeping Less To Sleep Better (Shift work) This module is specifically designed for shift workers who need adapted routines

Note: Silvercloud® programmes on offer are reviewed and updated by the Amwell team.

How the Online CBT Service supports Sleep:

SilverCloud® promote the programme as 'aligning with NICE guidelines' on sleep and sleep conditions.

Within the Online CBT Service, the act of the user working through the online content within the sleep programme is the intervention. The users work through the resources available independently. The users are assigned an Online CBT supporter, whose role is to encourage and motivate the user through the programme through online, asynchronous, fortnightly reviews. The supporters will assist the user gaining the most out of the programme, guided them to use the tools and resources in a way that most benefits the users' presentation. The Online CBT Service offer is not designed to treat all severities of sleep issues/insomnia presentations, as the offer is within the scope of tier 0/1 service only.