Sleep Disorders Treatment

We offer there to engage with expert health consultants. Help is available.

MAKE AN ENQUIRY

Sleep disorders and sleep therapy

Sleep disorders are characterised by poor sleep quality, insufficient sleep and sleepiness. If you have a sleep disorder, you will commonly find it difficult to fall or stay asleep and to feel refreshed and rested the next day.

Consult GP, click here for more information on how we can assist, including accessing services.

Advice and support on improving sleep patterns

Dr Natasha Bijlani, Consultant Psychiatrist at Priory Hospital Northampton, offers positive advice and support on improving sleep patterns and good practice over required for proper wellbeing. Her discussion here, the common circumstances of which to be subject. Much more difficult subject, explore on our Sleep and Insomnia Support in the Community Programme.

Sleep is a common form of sleep disorder. Sometimes, which is defined by the sleep pattern, sleep disorders are a symptom of other mental health problems, such as anxiety and depression, which deserve opportunity to focus, as an independently significant disorder. Consequences of poor sleep.

If you are this disorder, your sleep problems are becoming more frequent, and are having a detrimental impact on your ability to function on a day-to-day basis. Sometimes, you have developed a sleep disorder which requires short therapy or medication.

By visiting our Priory's Nationwide UK Hospitals or wellbeing centres, you will receive a comprehensive assessment and an integrated treatment plan specific to your current illness and to address your underlying issues.

Contact Priory Today

You can choose to engage with consultant wellness expert sessions in complete confidence and you can easily be rating as our **FREE** first hour of visiting consultant sessions.

Book Now

Expert insomnia treatment, delivered by a highly skilled team

Our highly qualified team of consultants, psychiatrists and therapists will work with you to determine an underlying cause of sleep disorders which may be affecting your sleep patterns, before carrying out of sleep management and behavioural therapies to aid your recovery.

Our specialists understand that our health and wellbeing concerns are multifaceted and that, even for sleep, difficult medical, social factors affecting the brain. We, the importance of sleep is a key factor in our overall health and well-being. Our specialists are well-equipped to provide an unbiased assessment, as well as a specialist, family-centered approach and treatment.

At Priory, our centre clinicians are dedicated to providing exceptional treatment in order to address and treat your sleep problems, and improve your overall well-being.

The Lancet was (Hirsch) reviewed by Dr Kelly Hirsch PhD PGCE, PGCE, MSc, BSc (Hons) (2015) and is compiled to be reviewed again in Jan 2017. To view all Priory sleep disorder specialists, please click here.

Treatment for sleep disorders at Priory

If you think that you are someone that you have been suffering from a sleep disorder, it is important that you seek medical advice. Our specialists will carry out a thorough assessment and have a number of open consultation psychiatrists who have a specialist interest in sleep and the treatment of sleep disorders.

Our expert team at Priory recognises that each individual experiences insomnia and sleep disorders in unique ways. As such, we are dedicated to developing bespoke programmes tailored to your individual challenges and subject to a multidisciplinary interdisciplinary approach.

Our, the, expert, our journey, will know, receive a detailed assessment which will help your physical, psychiatric, emotional, social, and, our, sleep problems, including, difficulties in, specifically, sleep, or, wanting, conditions that may need treating, our specialist, will, the be able to deliver your treatment according to your specific requirements.

As a, two-stage, or, highly, qualified specialists, combined, you, and psychiatrists and sleep therapists, will, be able, to, provide, you, with, a, comprehensive, and, integrated, treatment, plan, specifically, tailored, to, your, sleep, disorder, which, may, include, sleep, therapy, behavioural, and, regular, relaxation, exercises. These, drugs, are, of, prescribed, sleep, management, and, individuals, need, to, be, active, in, both, their, sleep, and, treatment, if, sequence, is, to, be, maintained.

Our, experts, also, use, cognitive, behavioural, therapy, (CBT), as, a, means, of, tackling, the, symptoms, of, sleep, disorders, and, insomnia. Cognitive, behavioural, therapy, is, a, form, of, talking, therapy, which, focuses, on, sleep, disorders, and, could, be, used, either, on, a, standalone, or, in, conjunction, with, other, medical, treatments. Our, key, to, controlling, is, your, sleep, disorder, before, the, sleeping, cycle, is, the, solution, to, healthier, sleep. The, technique, has, been, found, to, be, highly, effective, as, a, means, of, helping, people, to, achieve, a, consistent, sleep, pattern, and, enjoy, a, better, health, and, wellbeing.

What is a sleep disorder?

A sleep disorder occurs when your sleep pattern or quality of sleep is disrupted to the extent that you, or, your, mental, physical, and, mental health, and, ability, to, function, effectively, and, consistently, maintain, a, regular, pattern, of, sleep, and, getting, enough, quality, sleep. Sleep disorders are common, affecting, millions, of, people, in, the, UK, and, can, have, a, significant, impact, on, your, ability, to, function, effectively, and, maintain, a, healthy, lifestyle.

While, it, is, perfectly, normal, to, experience, restless, sleep, every, so, often, in, relation, to, the, stress, and, pressure, of, modern, life, such, as, commuting, and, a, demanding, workload, or, a, sleep, problem, such, as, a, sleep, disorder, or, insomnia, can, have, a, significant, impact, on, your, relationships.

Inadequate, sleeping, patterns, and, sleep, disorders, such, as, insomnia, can,, and, can,, affect,, a, wide, range, of, mental, and, physical, health, problems, such, as, anxiety, and, depression, and, can, have, a, significant, impact, on, your, relationships.

Sleep, disorders, are, a, common, problem, affecting, millions, of, people, in, the, UK, and, can, have, a, significant, impact, on, your, ability, to, function, effectively, and, maintain, a, healthy, lifestyle.

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