



Components of the program:

- An assessment to develop a comprehensive, individualized treatment plan
- Evidence-based treatment practices that incorporate a cognitive behavioural approach
- Goal-focused, client-centred, and community-based foundation
- Focus on building success by supporting the client in accomplishing incremental goals
- An innovative sleep kit with a client manual, a journal and an array of effective therapy tools
- Four face-to-face treatment sessions: in person or using web-based technology
- Three health coaching sessions to extend the life of the program, ensuring that gains are maintained



head office:

79 Ridout Street South

London ON N6C 3X2

Phone: (519) 657-1180

Toll Free: (866) 394-6240

Fax: (519) 657-1182

Email: info@brainworksrehab.com

www.BrainworksRehab.com



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Brainworks has been providing Client-Centred
Rehabilitation Solutions since 2003.



Achieving a good night's sleep can make all the difference.



One cannot overstate the negative impact that sleep disturbance has on recovery and rehabilitation. For those experiencing sleep difficulties due to any number of conditions, including chronic pain, traumatic brain injury, anxiety, depressive symptoms or any other life disruption following a motor vehicle collision, Brainworks' **Sleep Tight® Program** helps clients improve the quality and duration of their sleep, facilitating improved cognitive, behavioural, physical & psychosocial functioning.

NEW Utilizing the latest web-based technology, our highly successful **Sleep Tight® Program** is now also available online!

Sleep Tight® is based on sound behavioral principles, and empirically supported interventions. Our program is a **practical, concise treatment program, individually delivered by a regulated professional**. Clients meet with their therapist in person or via video-conferencing on a confidential, one-to-one basis. Whichever service delivery method you choose, you get the same exceptional quality of intervention

Brainworks is known for, & that has made **Sleep Tight®** so successful.

Affordable

- No matter which service delivery method is chosen - whether it's office-based, home-based, or online - the one-time fee for **Sleep Tight®** is purposely affordable to enable the widest accessibility.
- Our online delivery format eliminates the potentially costly travel expenses associated with conventional community-based therapy.

Accessible

- **While our Sleep Tight® Program** continues to be available in person throughout much of Southwestern and Central Ontario, now, through cutting-edge web-based technology, it is available wherever high speed internet is accessible. Clients can now conveniently and easily benefit from this program from the comfort of their own homes - even those clients living in very remote regions.

Achievable

- **Sleep Tight®** is goal oriented, and incorporates the individual needs of each client.
- It uses a practical therapeutic approach that is highly achievable.
- Working closely with one of our highly skilled therapists, clients steadily leave old, ineffective sleep habits behind and move toward developing healthier sleep routines and a greater overall sense of well-being.

Accountable

- A comprehensive report is provided at the end of the program clearly outlining achieved goals, barriers and additional recommendations. Throughout the program, communication with the referring agency and the appropriate allied health team remains detailed and thorough.
- All **Sleep Tight®** therapists are regulated professionals who are accountable to their professional colleges.
- Clients complete a satisfaction questionnaire at the end of this program. We are motivated to provide the best, most results-oriented product.