

## Management

### Primary Care management includes

- ♦ identification and management of underlying causes
- ♦ enabling and supporting patient to develop strategies to manage their insomnia

### Specialist Management includes

- ♦ assessment in Sleep Laboratory

## When to refer

### Refer to CAS

- ♦ referral not usually necessary in cases of transient (<3 days) or short-term (3 days - 3 weeks) insomnia
- ♦ referral to a clinical psychologist or specially trained counsellor may be appropriate for more specialized and intensive behavioural therapies.
- ♦ sleep laboratory referral is not usually required, but the investigations conducted at these centres (electroencephalography, electromyography, and electrooculography) may be useful in the following cases:
  - ♦ Longstanding chronic insomnia, resistant to treatment
  - ♦ Insomnia in which there is suspicion of exaggeration by the patient
  - ♦ Other unusual features of sleep (e.g. epilepsy during sleep, sleep apnoea)

### Refer to RARC

- ♦ if the patient does not meet the referral criteria above consider referral to CAS requesting a RARC appointment.