Sleep Help for Adults on the Autism Spectrum

Sometimes the harder you try to sleep, the more difficult it becomes...

The Olga Tennison Autism Research Centre, together with the La Trobe University Psychology Clinic is conducting research on a sleep intervention for adults on the autism spectrum.

This intervention is for adults with autism struggling to get to sleep, stay asleep, waking too early or for those not getting enough sleep and wanting to learn natural ways to sleep without the use of medication.

Using a combination of skills training, group discussion and exercises with others experiencing sleep difficulties, the intervention will explore:

- What might have caused your insomnia and what may be maintaining it
- Methods to break your insomnia cycle, including the use of mindfulness
- How to approach some barriers that you may struggle with when you try out new strategies.
- Variations in sleeping patterns among the population, your personal sleep goal and helpful sleep habits for you to use.

You will be encouraged to try out some of these skills at home to build a new sleep pattern, and receive self-help materials to use at the end of the intervention.

Want to know more? Please contact Dr Lauren Lawson at (l.lawson@latrobe.edu.au).