

HOPE THERAPY & COUNSELLING SERVICES

# Insomnia Support

*When sleep becomes something you dread.*

Qualified counsellors offering support for insomnia and sleep difficulties across England — online nationwide and face-to-face. Exploring what's keeping you awake is where things can start to change.

**NCPS ORGANISATIONAL MEMBER**

**CBT-I EVIDENCE-BASED**

**FROM £65**

**FREE 15-MIN CONSULTATION**

## RECOGNISING THE EXPERIENCE

## You know what it is to lie there at 2am, watching the minutes pass

*"The mind that won't slow down. The body that's tired but won't sleep. Or perhaps you fall asleep easily enough, but wake at 3 or 4 in the morning with thoughts already running — and there's no getting back."*

Beyond the tiredness itself, poor sleep affects mood, concentration, resilience, relationships, and the ability to manage stress. It can make everything else harder — and it can easily become a cycle, where anxiety about not sleeping makes sleep even harder to find.

Between 10% and 50% of adults experience insomnia at some point, and the figure rises considerably among people dealing with anxiety, depression, or chronic pain. **If you've been struggling with sleep for weeks or months, you are not alone — and there are approaches that can help.**

## WHAT'S REALLY KEEPING YOU AWAKE

## Insomnia rarely has a single cause

### Stress and life events

Insomnia most commonly develops as a response to stress — a difficult period at work, a relationship under pressure, a health worry, or a significant life change. Sometimes it starts with a trigger and then takes on a life of its own, sustained long after the original stressor has passed.

### Anxiety and depression

A mind that is restless or low during the day does not simply switch off at night. The 3am thought spiral is a recognisable experience for many people with anxiety. Addressing the underlying anxiety is often the most effective route to better sleep.

### Neurodivergence

For those with ADHD or autism, sleep difficulties are especially prevalent — affecting up to 80% of people in some studies. Understanding the specific mechanisms involved can significantly shape what support is most useful.

### Habits and hyperarousal

The habits, thoughts, and anxiety around sleep that build up over time can maintain insomnia long after its original cause has resolved. Breaking the cycle requires addressing both the behaviours and the beliefs that have developed around sleep.

**Professional registration:** Hope Therapy & Counselling Services holds NCPS Organisational Membership covering counselling and psychotherapy services. Sessions are confidential; limited exceptions apply and your therapist will explain these clearly at the outset.

## ADDRESSING THE UNDERLYING CAUSES

## Often more effective than focusing on sleep alone

Where insomnia is connected to anxiety, stress, depression, or other psychological factors, addressing those underlying causes tends to produce more lasting change than sleep-focused interventions alone. Counselling offers a space to explore what is really going on — what the wakefulness is carrying, and what changes might make it possible to rest.

## THERAPEUTIC APPROACHES

## Evidence-informed approaches — matched to your situation

### CBT for Insomnia (CBT-I)

The most evidence-based non-medication approach for persistent insomnia. Addresses the thoughts and behaviours that maintain poor sleep — including sleep anxiety, unhelpful beliefs, and habits that perpetuate wakefulness. Shown to be as effective as sleep medication, with longer-lasting results. From £65.

### Counselling

A space to explore what is underneath the sleeplessness — stress, anxiety, unprocessed worry, or life circumstances making it hard to rest. Particularly useful where insomnia is part of a broader emotional picture. From £65.

### Hypnotherapy

Can help calm an overactive nervous system and reduce the hyperarousal that often underlies chronic insomnia — supporting a more settled transition into sleep. From £65.

### Mindfulness (MBCT)

Mindfulness-based approaches interrupt the cycle of hyperarousal and rumination that feeds sleeplessness — helping you develop a different relationship with the thoughts that keep you awake. From £65.

### CBT On-Demand — Managing Insomnia

A self-guided, lower-cost CBT programme you can work through at home at your own pace. Six modules covering the evidence-based techniques of CBT-I, with ongoing email support from a qualified counsellor throughout. Can be used alongside one-to-one sessions or as a standalone option.

Ask about CBT On-Demand during your free consultation — or visit [hopefulminds.co.uk](https://hopefulminds.co.uk) for details.

## WHAT TO EXPECT

## How the process works

### 1 Free 15-minute consultation

A brief, relaxed conversation with our booking team. We listen to what is going on, explore what might be driving the insomnia, and discuss the most suitable approach. No pressure, no obligation.

### 2 Matched with a therapist

We carefully match you with one of our 90+ qualified therapists based on your needs and what you are looking for. If the fit doesn't feel right, we will find someone else at no extra cost.

### 3 Your first session

Your therapist takes time to understand your situation, your sleep history, and what you are hoping to work on. There is no rush and nothing you have to share before you are ready.

## WHAT OUR CLIENTS SAY

## Client experiences

“

*I'd been waking at 3am every night for months and couldn't work out why. My therapist helped me see the anxiety underneath it. Once I understood what was driving it, the sleep gradually came back.*

**CLIENT — INSOMNIA & ANXIETY**

“

*The CBT approach made a real difference — I had no idea how many unhelpful beliefs I had about sleep that were actually making things worse. Practical and effective. I'd recommend it to anyone.*

**CLIENT — CHRONIC INSOMNIA (CBT)**

“

*I was sceptical about online sessions but they worked perfectly. Being able to access support from home felt right for something like sleep — and the matching process found me someone excellent.*

**CLIENT — ONLINE INSOMNIA SUPPORT**

*Client experiences are individual. Results vary between people.*

## COMMON QUESTIONS

## Frequently asked questions

### Can counselling help with insomnia?

Yes. Where insomnia is connected to stress, anxiety, depression, or other psychological factors, counselling can address the underlying causes rather than just the symptoms. CBT-based approaches for insomnia are particularly well-evidenced and can change the thoughts and behaviours that maintain sleep difficulties.

### What is CBT for insomnia?

CBT for insomnia (CBT-I) is a structured approach addressing the thought patterns and behaviours that keep insomnia going. It typically includes techniques around sleep hygiene, stimulus control, sleep restriction, and challenging unhelpful beliefs about sleep. It is considered the most effective non-medication treatment for chronic insomnia, with results comparable to sleep medication and more durable over time.

### Should I also see my GP about insomnia?

If you haven't already, it is worth speaking with your GP — particularly if you suspect a physical cause, are considering medication, or have been experiencing sleep difficulties for a prolonged period. Counselling and medical support can work well alongside one another. Your therapist will not advise on medication but can complement whatever medical care you are receiving.

### How many sessions will I need?

Where sleep difficulties are linked to a specific stressor or a clear pattern of unhelpful thinking, a focused short course of CBT sessions (typically 6–8) can make a significant difference. Where insomnia connects to longer-term anxiety, depression, or other concerns, more open-ended counselling may be beneficial. Your therapist will discuss this with you and review progress as you go.

### Is support for insomnia available online?

Yes. All our counsellors offer sessions online via Zoom or telephone from anywhere in the UK. Our CBT On-Demand programme for insomnia can also be completed entirely at home, at your own pace, with email support from a qualified counsellor.

## When you feel ready, we're here.

A free, no-obligation 15-minute conversation. No pressure — just a chance to explore whether we can help.

**Book:** [calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04) · **Call:** 07379 538411 · **Email:** [contact@hopefulminds.co.uk](mailto:contact@hopefulminds.co.uk)

**Please note:** We are not a crisis or emergency service. If you are in immediate danger, please use the helplines below.

**999** — Emergency · **Samaritans: 116 123** — Free, 24hrs · **SHOUT: text 85258** — Crisis text

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# *Exploring what's keeping you awake is where things can start to change.*

Hope Therapy & Counselling Services offers CBT for insomnia, counselling, hypnotherapy, mindfulness, and CBT On-Demand — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners is here to find the right match for you.

#### TELEPHONE

07379 538411

#### EMAIL

[contact@hopefulminds.co.uk](mailto:contact@hopefulminds.co.uk)

#### WEBSITE

[www.hopefulminds.co.uk](http://www.hopefulminds.co.uk)

#### FREE CONSULTATION

[calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04)

#### ALSO FROM US

**The Talk Room Podcast** — including an episode on insomnia: its causes, its impact on mental health, and the approaches that can help. Search **The Talk Room** on Spotify and YouTube, or find it at [hopefulminds.co.uk](http://hopefulminds.co.uk).

Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes.