

# Knowledge Translation

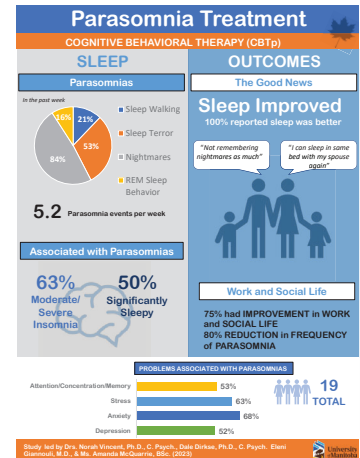
## Parasomnia

### Behavioral Sleep Medicine Clinic Health Sciences Center, Winnipeg (Manitoba)

Team members included clinical psychologists from the Department of Clinical Health Psychology at the University of Manitoba (Drs. Norah Vincent and Dale Dirkse), a respirologist from the Department of Internal Medicine at the University of Manitoba and Director of the Manitoba Provincial Sleep Laboratory (Dr. Eleni Giannouli), and a graduate student from the Department of Psychology at the University of Manitoba (Ms. Amanda McQuarrie).

Dr. Vincent, who led the research, is a Professor, psychologist, and Director of the Behavioral Sleep Medicine clinic operating out of the Health Sciences Center, the largest teaching hospital in Winnipeg, Manitoba. The Behavioral Sleep Medicine clinic is staffed by two psychologists, an online coordinator, and a psychological assistant.

Dr. Vincent offers consultation, group and individual treatment, and online interventions for adult outpatients with a variety of sleep disorders. She is an active researcher with more than 100 publications, conference presentations, and book chapters on the topic of sleep.



Parasomnia Treatment  
Cognitive Behavioural Therapy  
(full view on next page)

This innovative and rapidly expanding clinic is currently **recruiting a psychologist to join the team.**



# Parasomnia Treatment

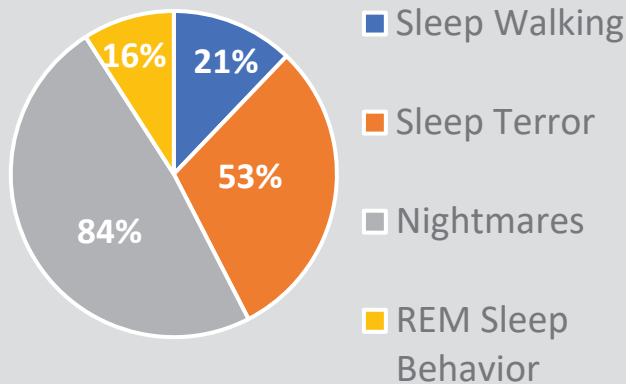


## COGNITIVE BEHAVIORAL THERAPY (CBTp)

### SLEEP

#### Parasomnias

In the past week



**5.2** Parasomnia events per week

#### Associated with Parasomnias

**63%** Moderate/Severe Insomnia

**50%** Significantly Sleepy



### OUTCOMES

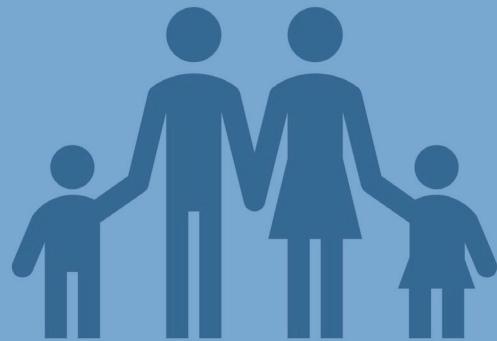
#### The Good News

## Sleep Improved

100% reported sleep was better

"Not remembering nightmares as much"

"I can sleep in same bed with my spouse again"

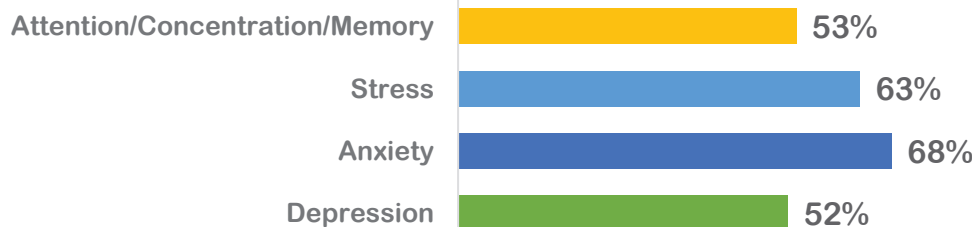


#### Work and Social Life

75% had **IMPROVEMENT** in **WORK** and **SOCIAL LIFE**

80% **REDUCTION** in **FREQUENCY** of **PARASOMNIA**

#### PROBLEMS ASSOCIATED WITH PARASOMNIAS



**19**  
TOTAL

Study led by Drs. Norah Vincent, Ph.D., C. Psych., Dale Dirkse, Ph.D., C. Psych. Eleni Giannouli, M.D., & Ms. Amanda McQuarrie, BSc. (2023)

