DESCRIPTION
• SHUTi is an internet-based self-help program for people with insomnia that’s also been found to reduce depression and anxiety symptoms.
• It is a fully automated web-based program (no therapist input) and will operate on most desk-top computers, tablets and smart mobile devices.
• SHUTi was designed by the University of Virginia, is provided by BeHealth Solutions and available at a discount through Black Dog Institute.
• Subscription fees apply. Black Dog Institute discounted price:
  - $170.00 $200.00 (26 weeks - one time fee)
  - $230.00 $270.00 (52 weeks - one time fee)
Please view the SHUTi registration page or visit www.blackdoginstitute.org.au

WHO IS IT FOR?
Requiring minimal technical skills, SHUTi is suitable for people who:
• suffer insomnia.
• are aged 18 years and over.
• read English with ease.

HOW IT WORKS
• SHUTi is designed to actively help retrain the body and mind for great sleep through six engaging Cognitive Behavioural Therapy for Insomnia (CBT-I) online learning sessions.
• CBT-I is a preferred treatment choice for chronic insomnia.
• Each online learning session is personalised to the individual’s current sleep patterns and goals, and walks them, step-by-step, through exactly what they need to do to maximise their sleep improvements, now and for the future.
• SHUTi also teaches techniques to break the cycle of thoughts, feelings and behaviours that interfere with restful sleep.

USER COMMITMENT
• Once a week for 6 weeks, users are required to complete one core online learning and strategy session. Core sessions includes about 40 minutes of engaging interactions, videos, quizzes and other helpful information.
• To help SHUTi tailor the program for the user, it’s recommended the user completes the short online Sleep Diary each day. This takes around 2 - 3 minutes.
• The majority of SHUTi users complete the program with a total time investment of under 7 hours over a period of 7 weeks – resulting in a clinically significant change in their insomnia.

CONTRAINDICATIONS
• Sleep disorders other than insomnia (e.g., sleep apnea, restless legs syndrome, periodic leg movements) should be treated before using SHUTi.
• Sleep Restriction Therapy is contraindicated in seizure disorder, bipolar illness, sleepwalking, and disorders associated with excessive daytime sleepiness.
• May not be conducive for individuals with limited or impaired cognitive functioning.
• May not be conducive for individuals with active substance use disorders.
• May not be conducive for individuals in Evidence Based Psychotherapies for PTSD.
• May be difficult to implement in institutional settings.
CLINICAL TRIALS
SHUTi has been validated across multiple Randomised Controlled Trials. It has been proven to significantly reduce sleep onset (i.e., time it takes to fall asleep), reduce wake after sleep onset (i.e., minutes awake during the night), reduce number of awakenings, improve sleep efficiency (i.e., percentage of time asleep while in bed) and significantly reduced anxiety and depression. Participants maintained their improvements when measured at six months after receiving SHUTi.

Black Dog Institute researchers, in partnership with the Australian National University, University of Sydney and University of Virginia have also trialled SHUTi within an Australian population. Called the GoodNight Study, our results further validated the efficacy of SHUTi for reducing insomnia, anxiety and depression, with these improvements persisting for at least six months. Trial outcomes were published in The Lancet.

REFERRING PATIENTS TO SHUTi
• Familiarise yourself with SHUTi.
• Use the ‘SHUTi interactive brochure for health professionals’ as a guide for your conversation with the patient. This simple format should only take around 3-4 minutes within the consultation. Alternatively, you could screen the 4 minute explainer clip.
• Include any SHUTi recommendation in your patient notes and on the Mental Health Treatment Plan.
• Email the SHUTi registration link to the patient.
• Make follow up plans with your patients about their use of SHUTi. Ask about any difficulties they are having and/or gains being made.