

## DR KRISTYN KEMP

PhD, MPsych (Clin), BA (Hons)

Provider No. 2756692J



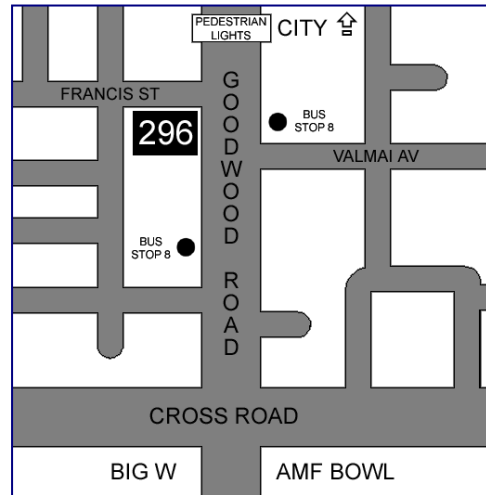
Dr Kemp has conducted research in the area of bright light therapy for circadian rhythm sleep disorders and non-drug therapies for insomnia at the Flinders University of South Australia.

She has worked as a psychologist in family law and mental health fields in Adelaide since 1997, and has been Director of Adelaide Insomnia Clinic since 2004.

Dr Kemp is a member of the Australian Psychological Society College of Clinical Psychologists, the Australasian Sleep Association and Sleep Disorders Australia.

## HOW TO FIND THE CLINIC

The Clinic is located at 296 Goodwood Road (corner of Goodwood Road & Francis Street) with a carpark at the back of the Clinic off Francis Street. Bus stop 8 is located near the Clinic.



For an appointment please contact:

### ADELAIDE INSOMNIA CLINIC

ABN: 56 109 987 573

Address: 296 Goodwood Road  
Clarence Park SA 5034

Mobile: 0402 826 968

Fax: 08 8357 7337

Email: [kk@insomniaclinic.com.au](mailto:kk@insomniaclinic.com.au)

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# ADELAIDE INSOMNIA CLINIC

PSYCHOLOGY SERVICES

LIFE'S  
TOO  
SHORT TO  
BE  
TIRED!

COGNITIVE BEHAVIOUR THERAPY  
FOR SLEEP DISORDERS AND OTHER  
MENTAL HEALTH PROBLEMS

**Dr Kristyn Kemp**

**Mobile: 0402 826 968**

## WHAT IS INSOMNIA?

Insomnia encompasses a wide variety of complaints including:

- Difficulty falling asleep;
- Waking too often in the night;
- Waking too early in the morning.

These problems are often accompanied by poor daytime functioning and worry about sleep. Fortunately, there are some very effective cognitive behavioural therapies (CBT) available to help resolve insomnia.

The therapies used at Adelaide Insomnia Clinic are all evidence-based, that is, according to the best possible research, they maximise the chance of benefit, minimise the risk of harm, and deliver treatment at an acceptable cost.

## CIRCADIAN RHYTHM DISORDERS

Sometimes sleep is “out of sync” with conventional times. You may have a circadian rhythm disorder if you have:

- Difficulty falling asleep in the night and getting out of bed in the morning;
- Difficulty staying awake in the early evening and waking too early in the morning.

If you have a circadian rhythm disorder, there are some very effective, evidence-based treatments available, including bright light therapy and chronotherapy. These therapies can help you to sleep at “the right time” of the night.

## HELP FOR PEOPLE WITH SLEEP APNEA

People with sleep apnea can also experience insomnia and circadian rhythm problems, which can affect CPAP treatment. If you are being treated for sleep apnea but still believe there are other factors affecting your sleep, please contact Dr Kemp for an appointment to discuss further options.

## OTHER TYPES OF SERVICES OFFERED INCLUDE:

- Withdrawal from sleeping medication;
- Managing sleep as a shift worker;
- Bright light therapy for seasonal affective disorder;
- Helping parents improve their children’s sleep patterns;
- Managing narcolepsy, night terrors, and other types of sleep disorders;
- CBT for depression, anxiety, and other mental health disorders.

## TREATMENT PLAN

1. The aim of the first appointment is to gather information about the sleep problem in order to determine the best treatment plan. In most cases clients are advised on their sleep therapy at this appointment.
2. A second appointment is then scheduled to determine how the treatment is proceeding and give additional feedback on how to further improve sleep.
3. Follow-up appointments are then scheduled until the treatment goals have been met.

Dr Kemp treats people of all ages.

## COSTS

Costs for clients vary depending on whether they are referred by their GP under the Medicare Benefits Scheme, have a Health Care Card, or whether they are claiming on private health insurance. Please visit the website [www.insomniaclinic.com.au](http://www.insomniaclinic.com.au) for more detailed information about costs and getting a GP Mental Health Treatment Plan under the Medicare Benefits Scheme.