

# Six Week Online Mindfulness of Dream & Sleep Course

## Independent Evaluation



**Partially funded by**  
Winston Churchill Memorial Trust

**Lead Facilitator**  
Charlie Morley

**Attending Psychotherapist**  
James Scurry (UKCP accredited)

**Independently Commissioned Report compiled by**  
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## ***Notes, caveats & conclusions***

- 108 participants from the two 6 week live online courses were reported to have completed the questionnaire using Google forms software. (<https://www.google.com/intl/en-GB/forms/about/>) However, the original data may have been overwritten with duplicate entries as seen on the spreadsheet downloaded from the google forms questionnaire ([https://docs.google.com/forms/d/1OL1\\_gZHGA7MXkQ2EiCtWeX5Ns5juhJlj07BmAVNSpHY/edit?no\\_redirect=true#responses](https://docs.google.com/forms/d/1OL1_gZHGA7MXkQ2EiCtWeX5Ns5juhJlj07BmAVNSpHY/edit?no_redirect=true#responses)).  
The spreadsheet was 'cleaned up' resulting in 75 actual entries containing free text.
- Selected use of quotations from participants are used in the report. A complete list of quotations is available on demand (anonymity of the participants is reserved)
- Some quotations have been abbreviated for brevity.
- Consent for answers to be quoted in any future funding forms or books /articles was not given by 5 participants. These entries have been filtered and excluded from the report.
- There were approximately 140 participants spread over the two 6 week courses (July 2020 and October 2020). Around 70% of participants were military veterans or serving Ministry of Defence personnel. These participants were offered the course for free. There were also several participants from the Army Widows Association and around 40 non-military paying participants.
- **Conclusion:** Overall participants were very satisfied with the 6-week course. They experienced an improvement in sleep quality and a reduction in pre-sleep anxiety. Nightmares became less frequent along with a changed perspective of them arising from participation in the course. The majority of participants benefited from the practices learned during the course, regularly practiced them and would overwhelmingly (100% of participants in fact) recommend the course to others experiencing stress or trauma affected sleep.

## ***Key results***

How satisfied were you with the 6-week course?	Not very <b>0%</b>	Very <b>83%</b>
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During the 6-week course my sleep quality improved.	No <b>13%</b>	Yes <b>87%</b>
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"My relationship to sleep is much better than before the 6-week course." How true is that statement?	Not true/not very true <b>3%</b>	True/very true <b>88%</b>
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"I now have less anxiety around sleep than before the 6-week course." How true is that statement?	Not true/not very true <b>4%</b>	True/very true <b>77%</b>
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"My perspective on nightmares has changed due to the course."	Not true/not very true <b>4%</b>	True/very true <b>82%</b>
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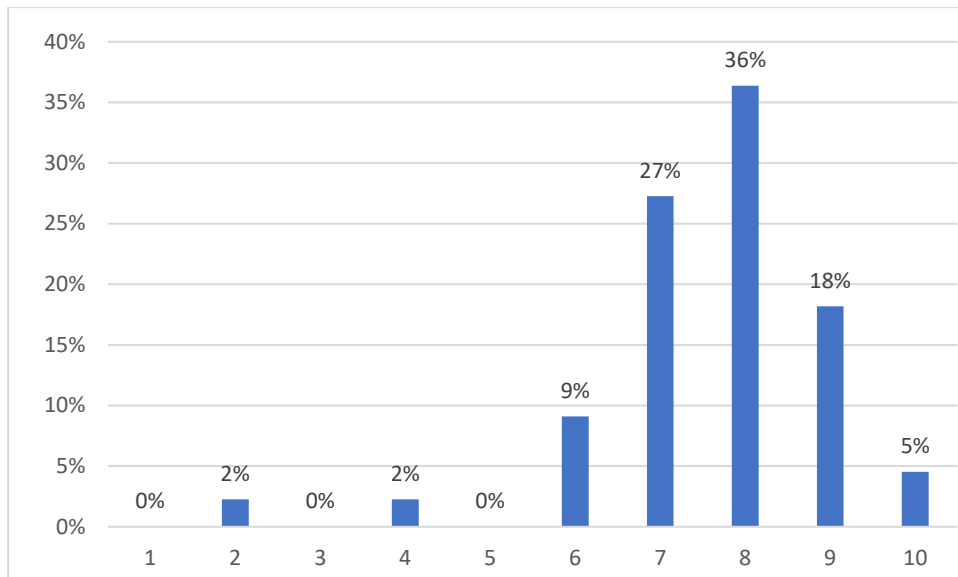
"I have less nightmares now than before the 6-week course"	No <b>39%</b>	Yes <b>61%</b>
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"I have benefited from the practices that we learnt on the course"	Disagree <b>1%</b>	Agree/strongly agree <b>94%</b>
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"I regularly practice the techniques that we learnt on the course"	Disagree <b>1%</b>	Agree/strongly agree <b>88%</b>
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Would you recommend the course to other people with stress or trauma affected sleep?	No <b>0%</b>	Yes <b>100%</b>
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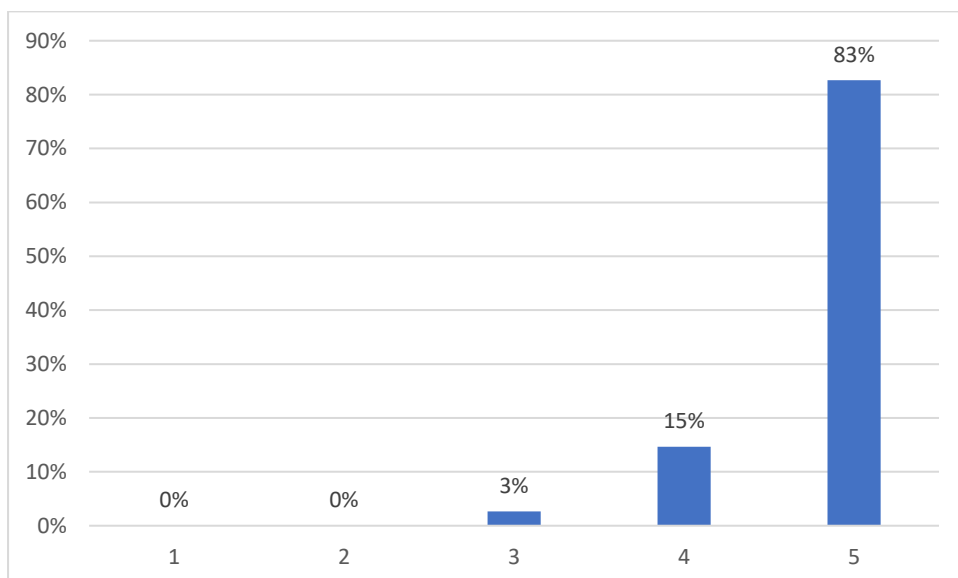
**Q1: Now that you have completed the course, please mark your current relationship to sleep out of 10 (n = 40)**



Very bad

Very good

**Q2: How satisfied were you with the 6-week course? (n=75)**



Not very

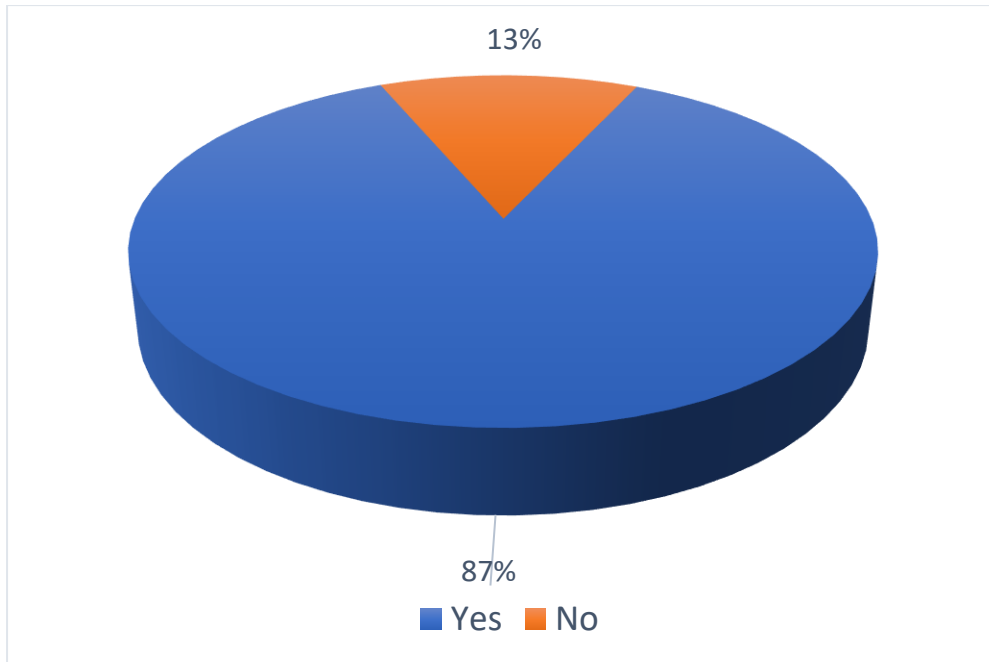
Very much

*"The course was exceptional and so well planned"*

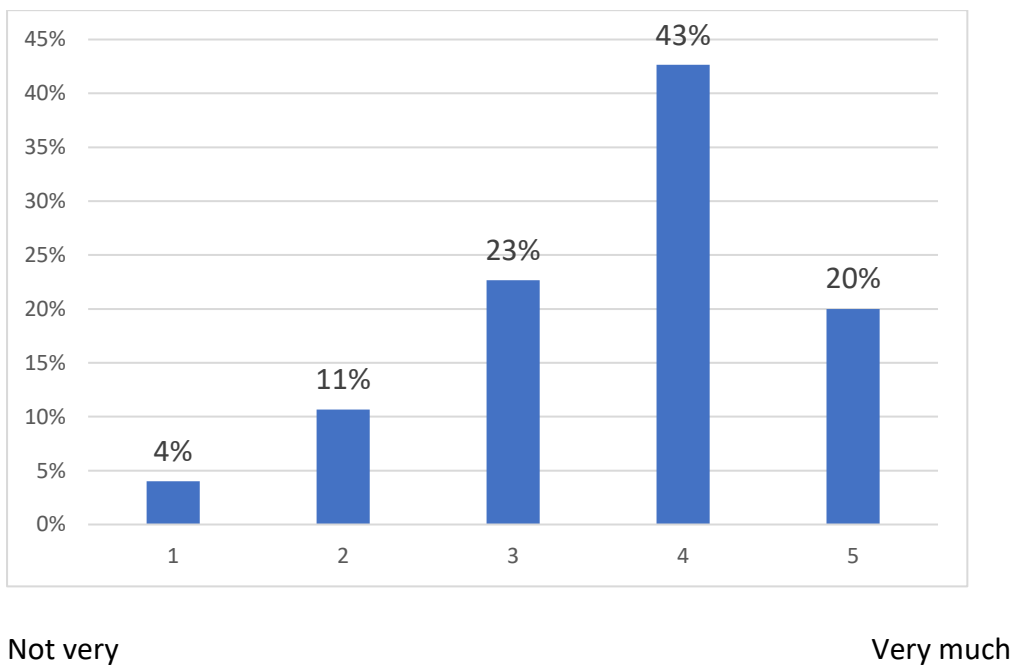
*"I think the course is very well structured, well-paced and very informative"*

*"Thank you" It was excellent - I honestly can't find anything to criticise. The balance of teaching and practice and break-out groups was just right"*

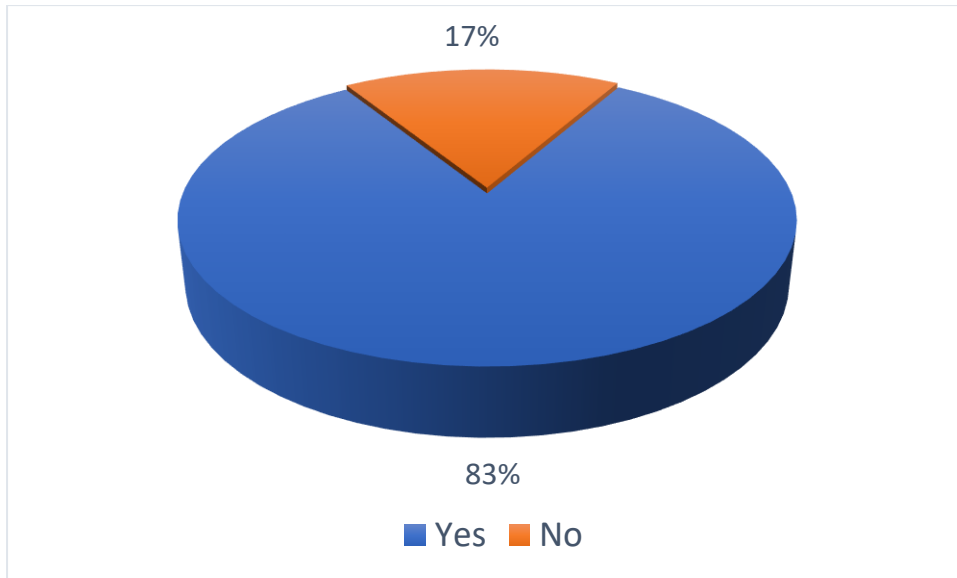
**Q3: During the 6-week course my sleep quality improved (n=75)**



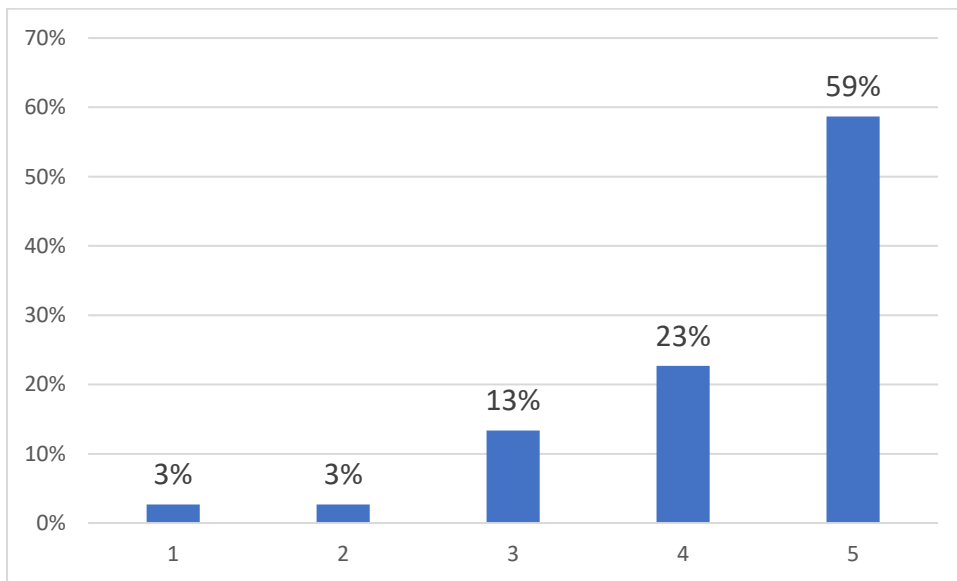
**Q4: How much has your sleep quality improved since the course? (n=75)**



**Q5: "During the 6-week course I started remembering more dreams" (n=75)**



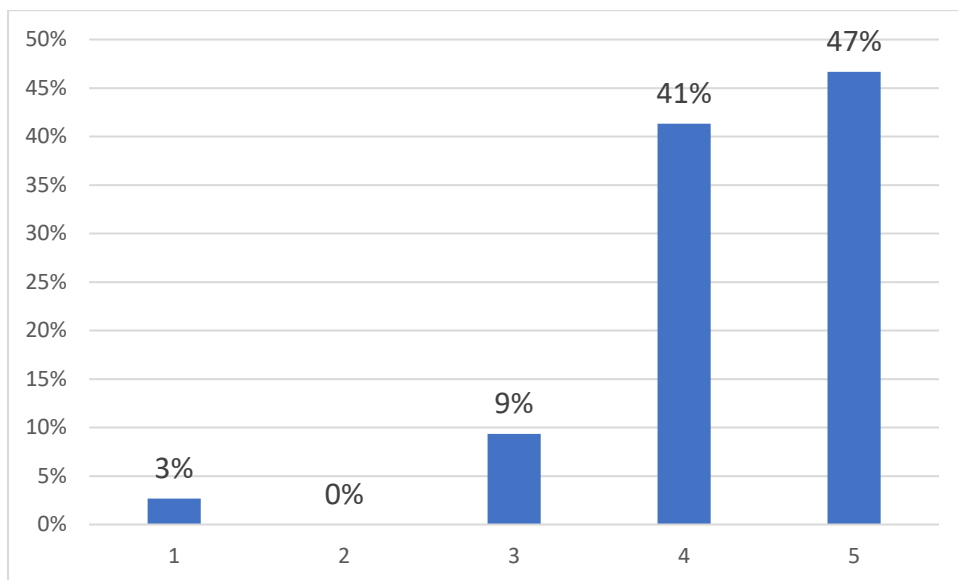
**Q6: "I am more aware of my sleep cycles." (n=75)**



Disagree

Strongly agree

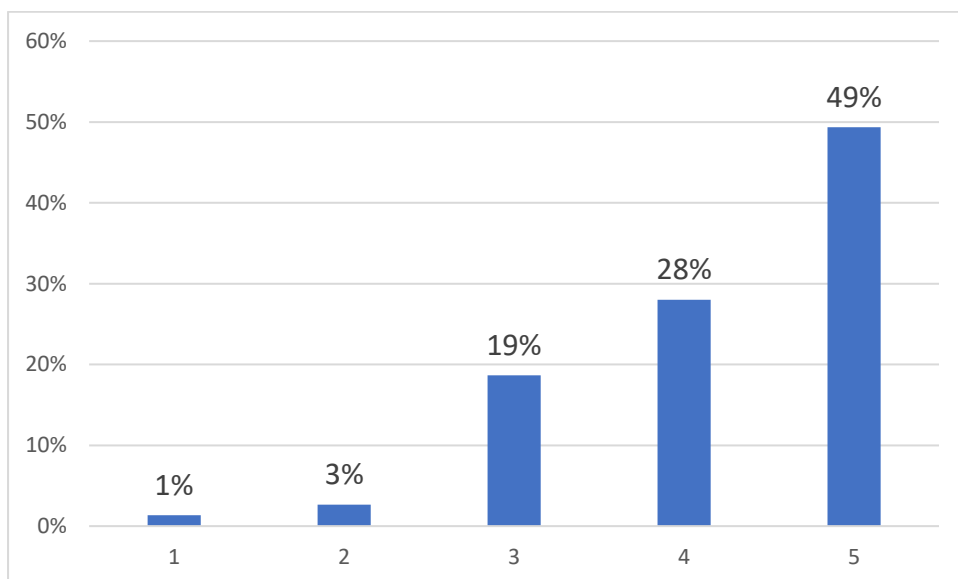
**Q7: My relationship to sleep is much better than before the 6-week course." How true is that statement? (n=75)**



Not very true

Very true

**Q8: "I now have less anxiety around sleep than before the 6-week course." How true is that statement? (n=75)**

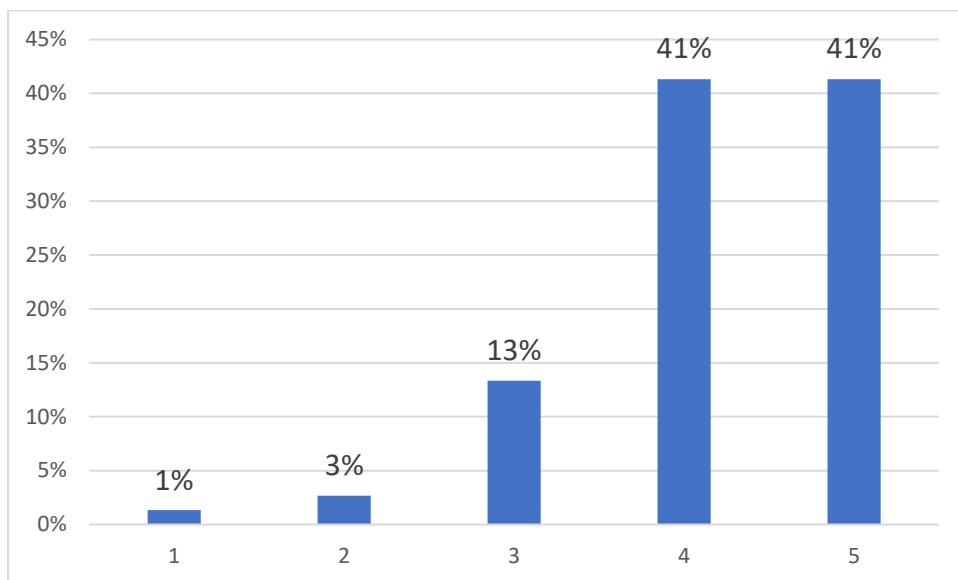


Not very true

Very true

**Q9: "My perspective on nightmares has changed due to the course" (n=75)**

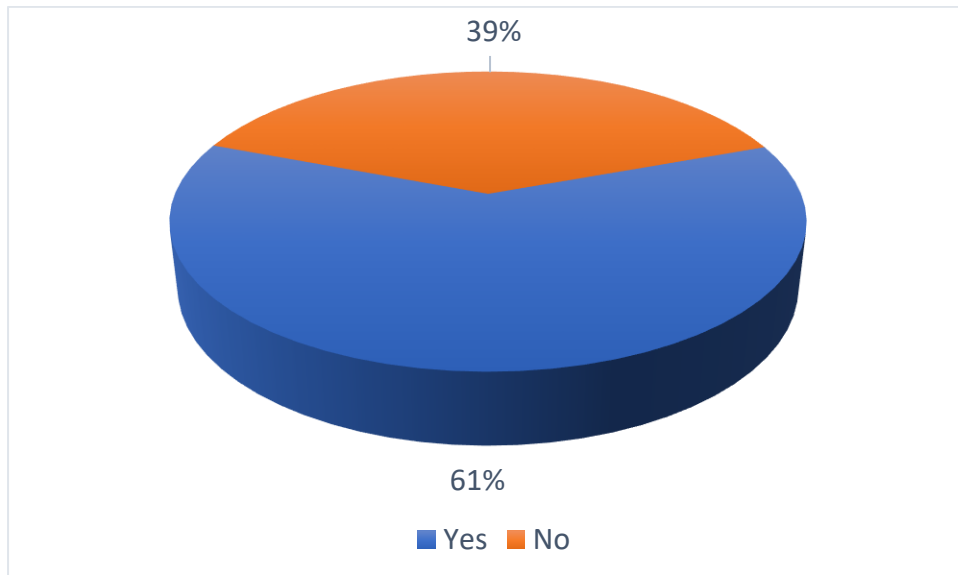




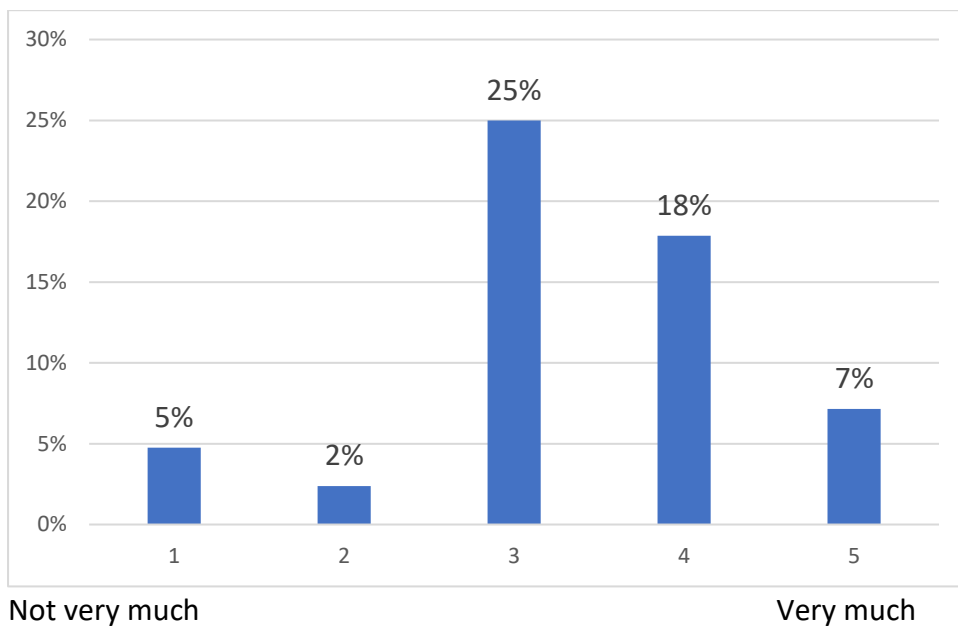
Not true

Very true

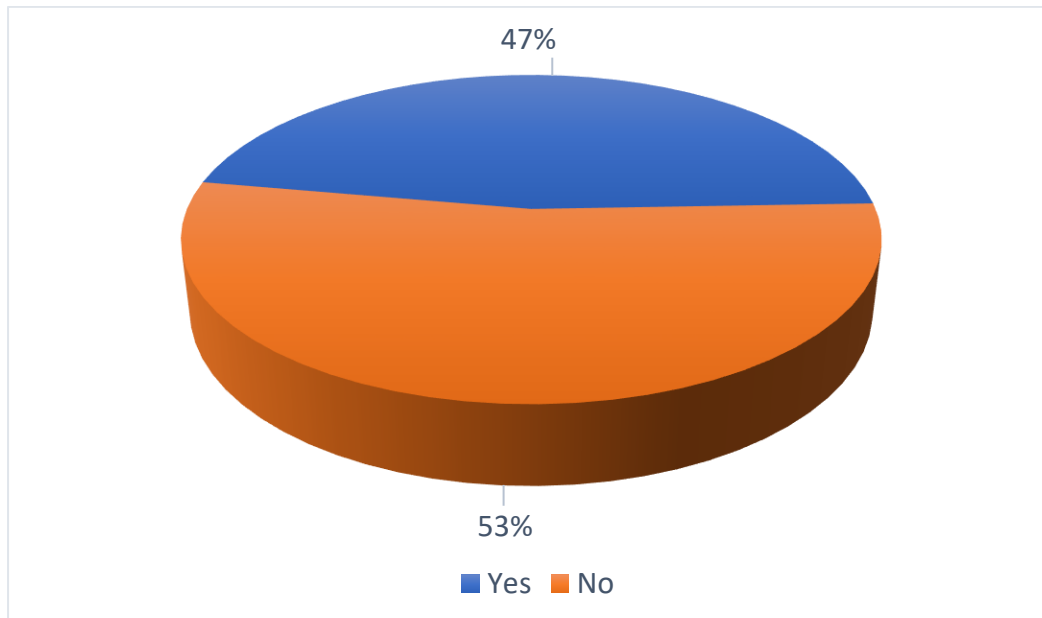
**Q10: "I have less nightmares now than before the 6-week course." (n=75)**



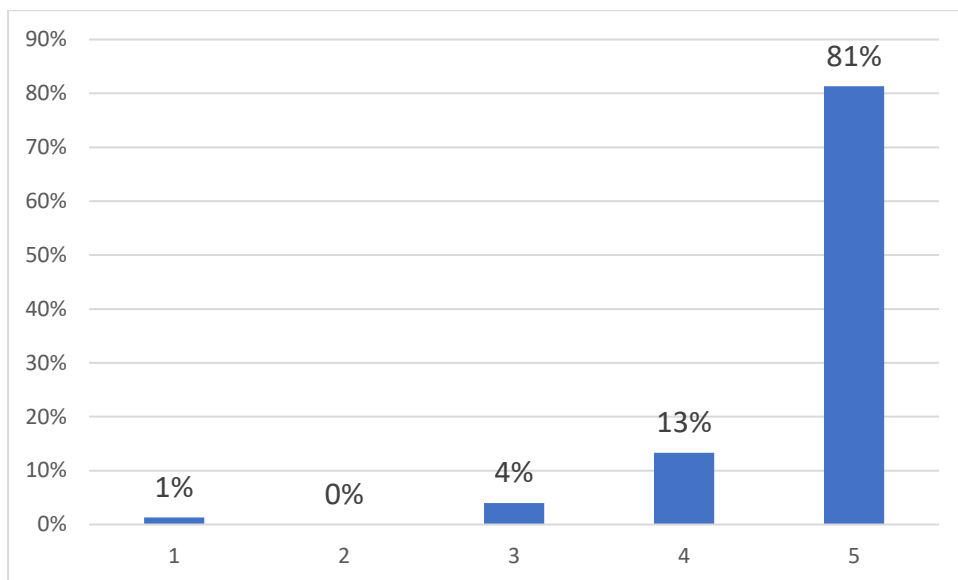
**Q11: If so, how much less? (As in: how much have your nightmares decreased?) (n=48)**



**Q12: "I had a lucid dream/s during the 6-week course" (n=75)**



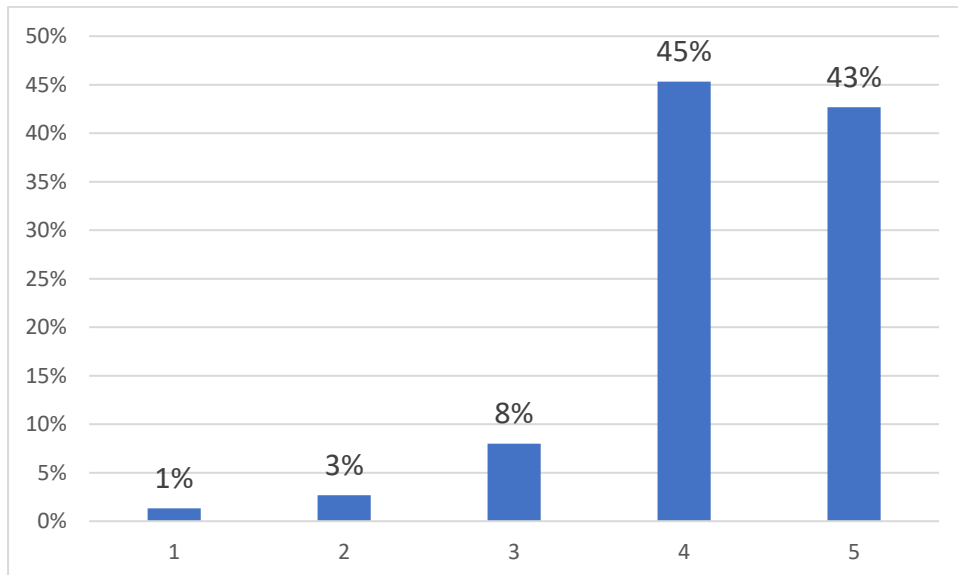
**Q13: "I have benefited from the practices that we learnt on the course" (n=75)**



Disagree

Strongly agree

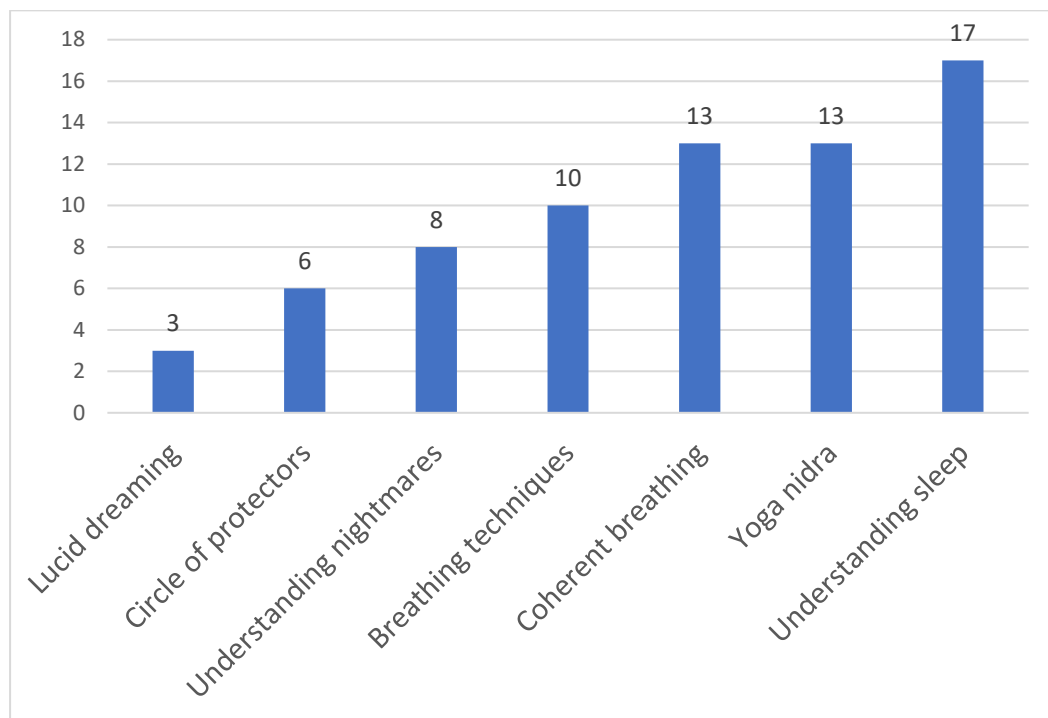
**Q14: "I regularly practice the techniques that we learnt on the course" (n=75)**



Disagree

Strongly agree

**Q15: What were the most important things that you learned on the 6-week course and why? (n=84)**



NB: Breathing techniques refers to the practices of *Breath-Body Mind*.

### Comments from Participants

#### Understanding sleep

*"Sleep cycles explained - this helped me to be curious rather than fearful about going to sleep"*

*"It really helped me understand why I am having issues with my sleep, so I feel a lot less anxious about it now"*

*"Understanding sleep cycles - reduced anxiety around waking up at night"*

#### Yoga Nidra

*"It is just a very nice state to be in - feeling very relaxing."*

*"Because it helps me sleep. And even if I don't sleep, it helps me relax"*

*"(It) has been very helpful for me and I continue to use it every night"*

## Coherent Breathing and *Breath-Body Mind* practice

*"it has significantly impacted on my ability to calm down and feel more at ease, and is a brilliant practice before bed"*

*"When I started doing 20mins or more every day my panic attacks stopped."*

*"Coherent breathing has been of huge benefit"*

*"The breathing has helped a lot especially after nightmares"*

## Understanding nightmares

*"Understanding that nightmares and poor sleep are normal for people with PTSD"*

*"Nightmares are the beginning of a healing process and should be approached and embraced, rather than be ignored or fled from"*

*"Nightmares are something that we can take action about"*

## Circle of Protectors

*"Circle of protectors - helps me deal with anxiety before sleep"*

*"Incredibly powerful for creating a feeling of safety"*

*"Amazing to see the transformation that has come with the circle of protectors practice"*

*"The Circle of Protection is the main tool that worked for me and I use it every night and am no longer scared to go to bed, have only had one nightmare since the course finished"*

### Lucid dreaming

*"I had a nightmare (a recurring dream) but this time I became lucid in it and confronted my tormentor who turned out to be pretty unthreatening. I realised I had choices."*

**Other comments the question 'What were the most important things that you learned on the 6-week course?'**

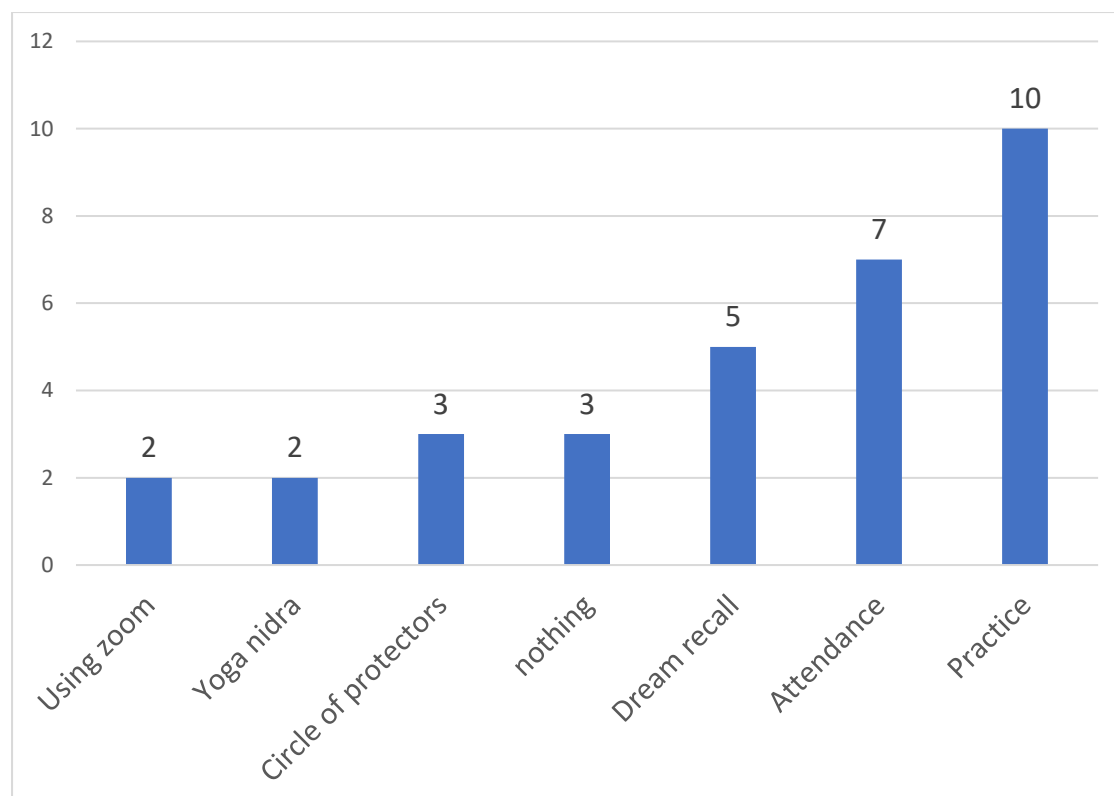
### Shared experience

*"I also discovered that I enjoy sharing my experiences with others in the course. That sense of community was liberating. It motivated me to share and interact more. The experiences of other participants will stay with me and remind me that I'm not alone in dealing with my own issues."*

### Facilitators presence

*"Charlie's energy gave me great strength. He is open, honest, generous with his time and energy. Enthusiastic too!"*

**Q16: What was your biggest challenge during the course? (n=80)**



## Comments about challenges

*"Implementing the homework into my daily schedule"*

*"Trying to fit the practices in and deciding which practice to practice"*

*"Getting enough practice in and remembering to keep a dream diary."*

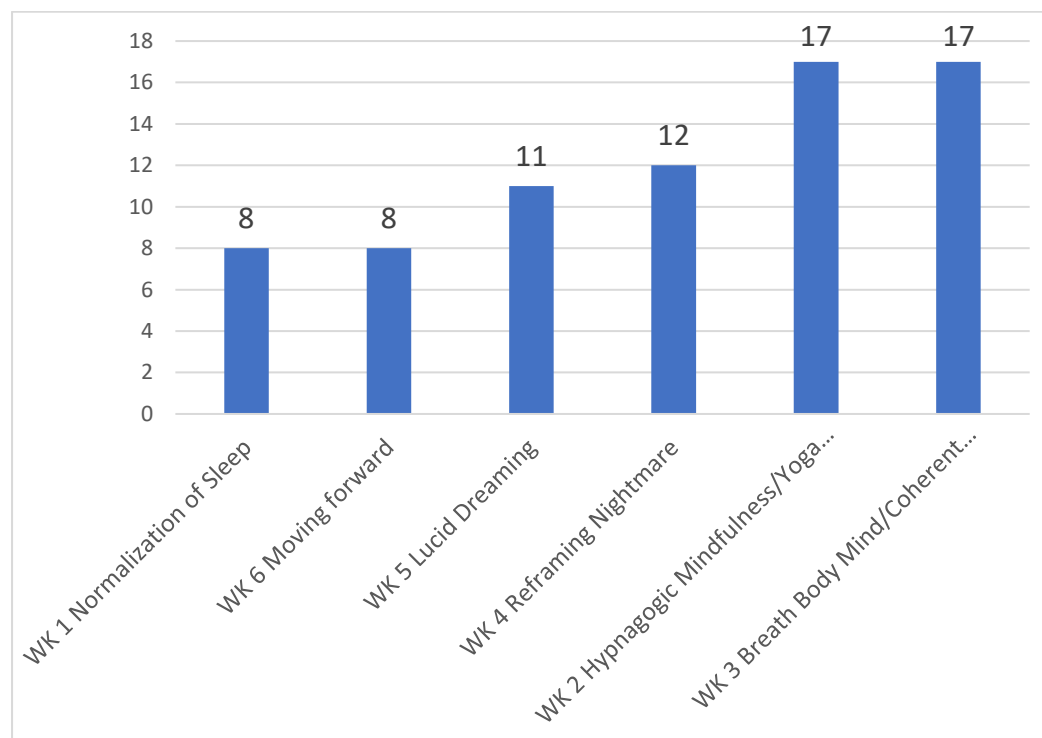
*"Had anxiety about others seeing my face on zoom"*

*"Getting used to Zoom! First time ever used it"*

*"Couldn't do yoga nidra. I can do with a guide but not alone still"*

## Q17: Which was your favourite week and why? (n=75)

- (1. Normalization of Sleep, 2. Hypnagogic Mindfulness/Yoga Nidra, 3. Breath Body Mind/Coherent Breathing, 4. Reframing Nightmares, 5. Lucid Dreaming 6. Moving forward (integration)



## Comments

### WK 3 Breath-Body-Mind/Coherent Breathing

*"...it was my biggest learning of the course and felt the most positive change in my daily life from it."*

### WK 2 Hypnagogic Mindfulness/Yoga Nidra

*"I'd never come across this before as a practice in its own right. I just thought it was the 'best bit' at the end of yoga classes. To meditate lying down with the body utterly at ease is a joy and makes so much sense. And the quality of communion with something sacred-seeming is more precious than gold."*

*"Yoga Nidra, the practice instantly changed me for the better. I feel much more grounded as a result and am hopeful that it will penetrate the deeper levels of nervousness and anxiety in my nervous system over time. I have not missed a day of practice since learning this technique"*

### WK 4 Reframing Nightmares

*"There was a lot of honest feedback from participant (e.g. having nightmares) I found this very useful as I was struggling myself, so felt encouraged that I wasn't on my own"*

### WK 5 Lucid Dreaming

*"Understanding that you can take part in dreams and don't need to be a passenger"*

### WK 1 Normalization of Sleep

*"Really enjoyed every session/week but the most insightful week for me was week one and because of the clear way it was set out and this has me hooked there was something that has stuck with me the whole way through and that was when you told us that you weren't here to patronise us and teach us the normal sleep hygiene stuff like don't drink coffee before bed etc and actually that statement meant so much to me as that is all I had ever come across when speaking to so called health professionals about my sleep issues and actually It doesn't/hasn't helped yet 12 hours with you and I honestly have hope and have felt a change in myself already. Thank you "*



Other comments from the question "Which was your favourite week and why?"

*"I can't pick out one. They were all fascinating and useful"*

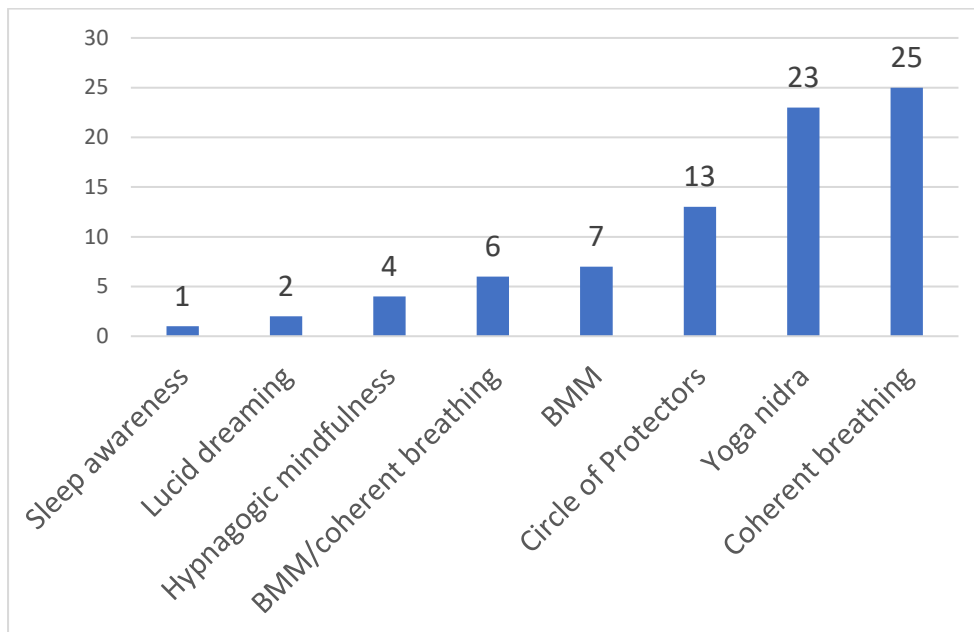
*"It has given me an option B in stressful situations - in other words, if option A is "panic, hyperventilate and flip out!" option B is "breathe, relax and realise I'm safe". That is a brilliant Option B! It's now my option A'*

*"That's really tricky to answer! They all had such value, and I was fascinated by each topic. Really built upon what I have already learnt and were top quality. Sorry, I'm unable to pick... they are all favourites :-D"*

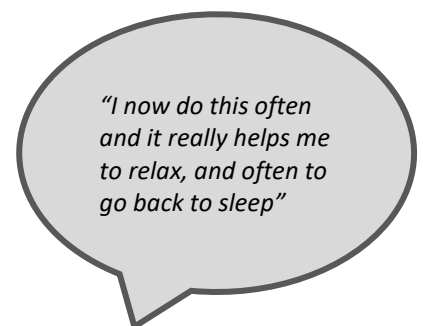
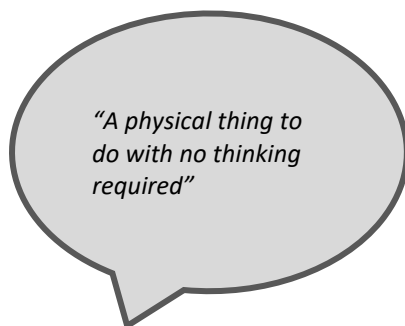
*"All of them. Perfectly structured course"*

### Q18: Which was your favourite technique and why? (n=77)

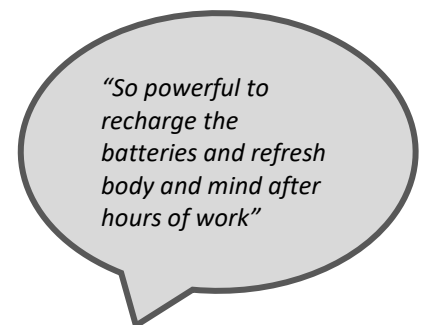
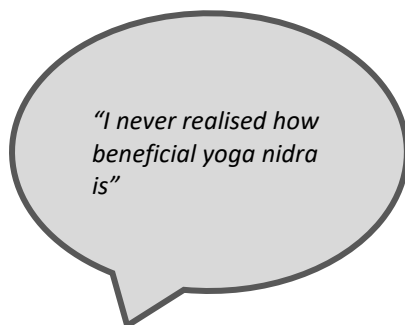
(Sleep awareness, Hypnagogic Mindfulness/Yoga Nidra, Breath Body Mind/Coherent Breathing, Circle of Protectors Lucid Dreaming)



#### Coherent breathing



#### Yoga Nidra



### Circle of Protectors

*"This is my technique.  
I use and use and use  
it over and over  
again"*

*"I found this  
extraordinarily  
moving. Those  
protectors are REAL"*

*"I felt I did learn as  
much from that lesson  
compared to others"*

### Breath-Body-Mind

*"It makes me feel very  
relaxed and releases  
stresses"*

*"It is easy to do  
unobtrusively and  
gives support during  
the day"*

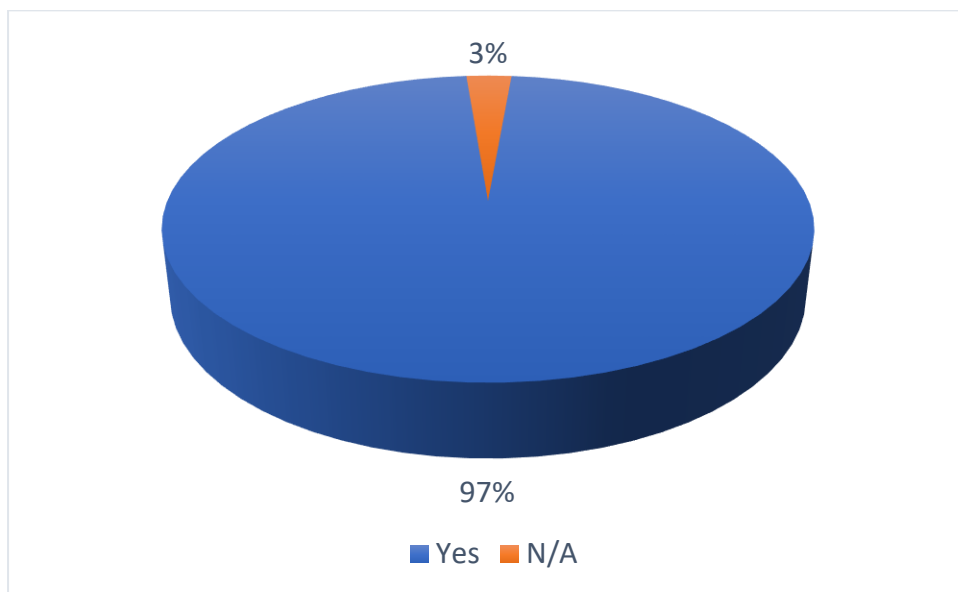
*"To calm me down"*

### Breath Body Mind/ Coherent breathing

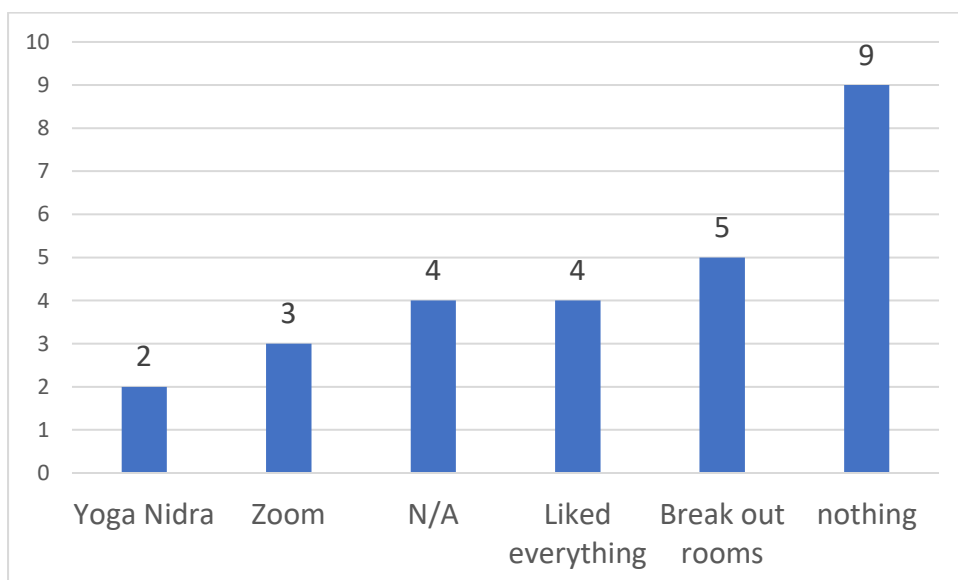
*"When practiced, I  
realise my mind just  
lives in the moment"*

*"It brought together  
the other learning and  
techniques in a  
holistic way"*

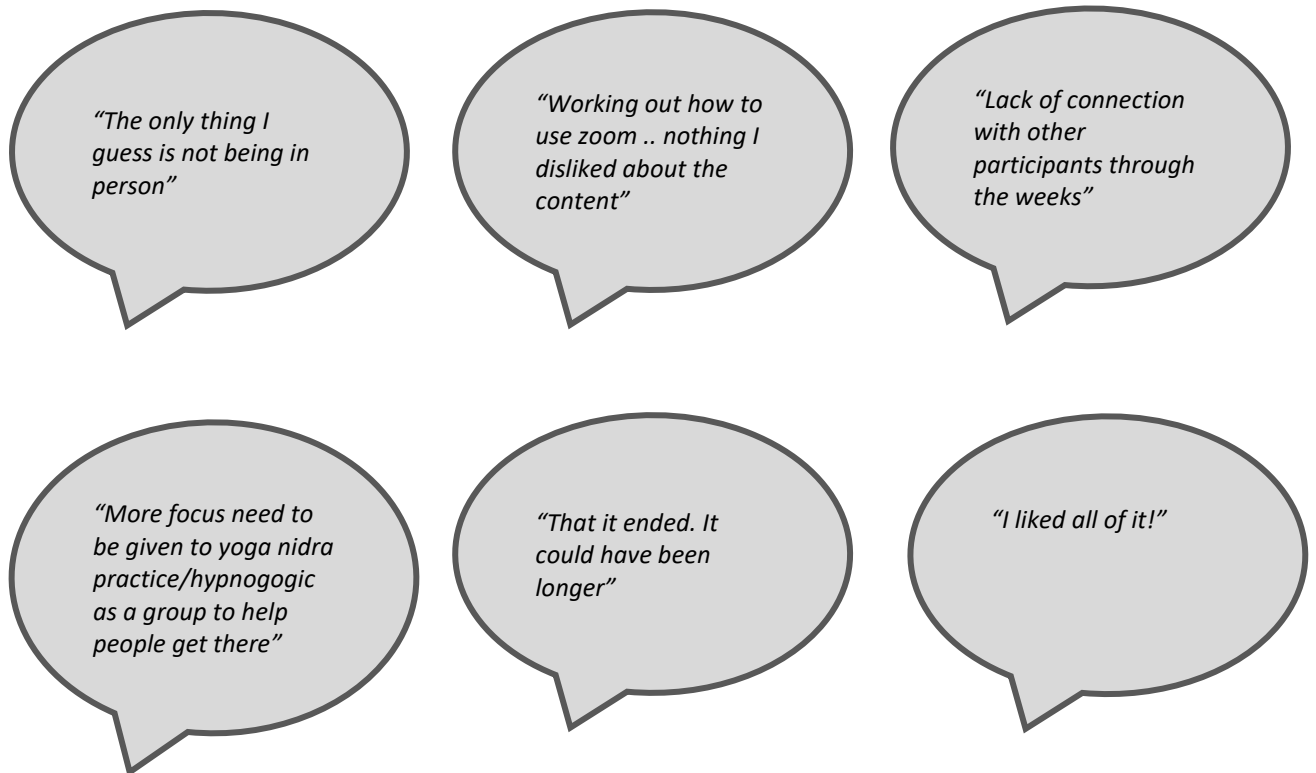
**Q19: Would you recommend the course to other people with stress or trauma affected sleep? (n=75)**



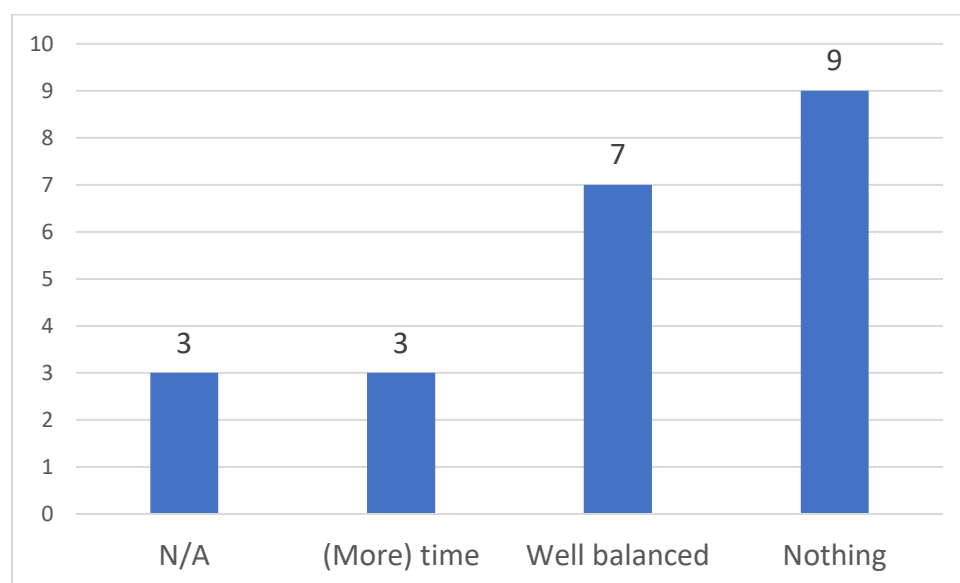
**Q20: What did you like least about the course? (n=73)**



### Other comments on what participants liked least:



### Q21: What would you have liked more of on the course? (n=75)



Other comments on what participants would have liked more of:

*"More about trauma  
& how it affects  
people"*

*"Nothing"*

*"Regular meetings via  
zoom or in person to  
deep the practise  
even further"*

*"Well  
constructed/balanced  
content"*

*"Focus on the  
importance of breath  
work and yoga nidra  
and Circle of  
Protection"*

*"It was excellent - I  
honestly can't find  
anything to criticise.  
The balance of teaching  
and practice and break-  
out groups was just  
right"*

*"Not much. It was a great course. I thought it was very well constructed. Your passion for helping folks suffering from trauma is genuine. Like your facilitators, your passion in this space is evident in your approach and actions during the course"*

**Q22: How did you find the presence & contribution of the psychotherapist James Scurry on the course?**

helpful  
reassuring  
beneficial  
valuable  
good  
great  
extremely-beneficial  
Inspirational  
excellent

*"Very comforting and it felt like a very safe environment"*

*"This was amazing, really supportive, really reassuring, they really held the space, am deeply grateful"*

*"Hugely helpful, very clear ways of explaining difficult concepts"*

*"Not sure, you both emitted different levels of energy"*

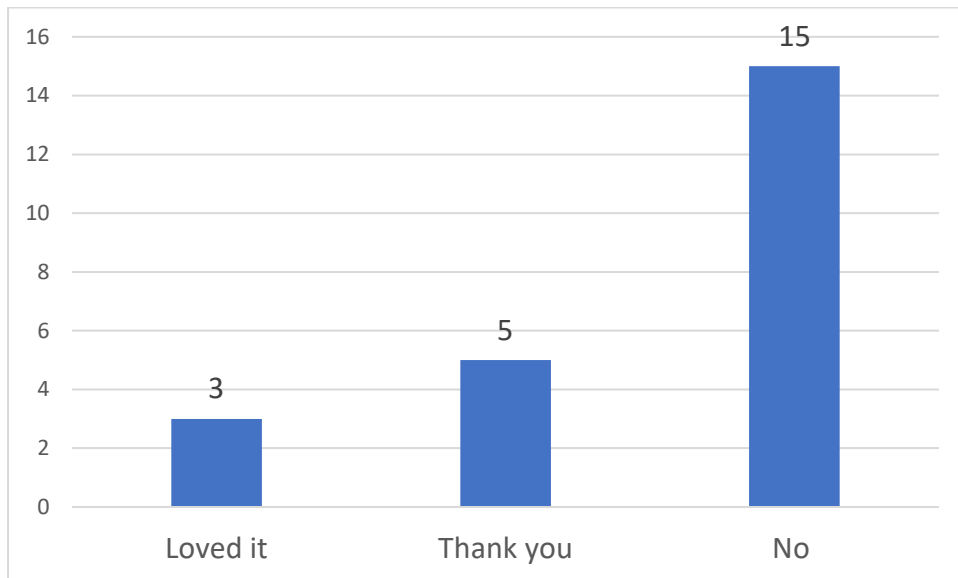
*"Brilliant, would have liked more from him"*

*"Incredibly relaxing and comforting. Definitely an added dimension of knowledge and security around these issues"*

**Q23 How did you hear about the course?**

*Army-Widows-Assoc*  
*MOD*  
*Charlie*

**Q24 Any practical comments for Charlie regarding the sessions or overall structure of the course? (n=63)**



*"Thank you very much Charlie for an outstanding course!"*

*"Excellent presentation, eloquent and embodies realism and humility of knowledge/gaps, thus giving us the audience the opportunity to embrace our fears and worries"*

*"Maybe shorter breakouts as we usually ran out of things to say"*

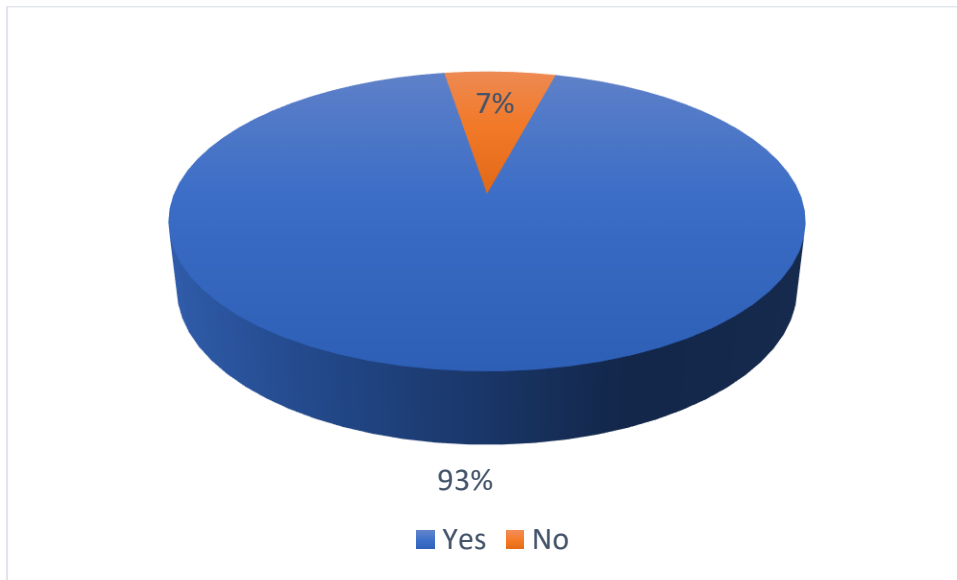
*"It could have gone on for longer, maybe 8 weeks."*

*"My only suggestion would be a follow up course maybe 4 or 6 weeks later"*

*"At the beginning I felt you talked very quickly, and I was finding it difficult to keep up but however, that might have been my own anxiety!"*



**Q25 Are you happy for your answers to be referenced and quoted by Charlie in any future funding forms or books /articles?**



**Conclusion:**

Overall participants were very satisfied with the 6-week course.

They experienced an improvement in sleep quality and a reduction in pre-sleep anxiety. Nightmares became less frequent along with a changed perspective of them arising from participation in the course.

The majority of participants benefited from the practices learned during the course, regularly practiced them and would overwhelmingly recommend the course to others experiencing stress or trauma affected sleep.