

JULY 2025 NEWSLETTER



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Dear General Practitioner.

I hope you are all having a lovely summer and enjoying the good weather.

Litfield House continues to expand, and we have couple of new members who have joined the "House":

Bristol Fertility Clinic

<https://bristolfertilityclinic.co.uk>

Dr Ashish Bhatia/Humble Sleep

<https://www.litfieldhouse.co.uk/consultant/ashish-bhatia/> /

<https://www.litfieldhouse.co.uk/consultant/humble-health-and-performance/>

If looking for referrals do visit our patients page, where you can search on speciality or treatment to find the appropriate consultant/clinic for your patients

<https://www.litfieldhouse.co.uk/patients/our-services/>.

Trisha Tanner

Practice Manager



Overcoming Insomnia with Dr Bhatia

Are your patients struggling with insomnia? - Insomnia is a big problem, afflicting 1 in 3 adults, damaging health and quality of life. Sadly, sleep hygiene is rarely enough to overcome insomnia. Also sleep apps don't work for everyone, and drugs used can cause harm, so many people feel hopelessly trapped in a vicious cycle—where trying harder to sleep can make things worse.

The good news is that we can overcome insomnia - Dr Ashish Bhatia is a local GP and insomnia specialist at Litfield House Medical Centre. He has helped hundreds of people overcome insomnia by combining personalised CBT for insomnia (CBT-I) with a pioneering "Humble" approach.

Simple, effective and empowering - The Humble approach works with people's physiology to help them reset their body clocks, rewire their minds and remedy deeper issues blocking their sleep. His clients not only sleep better within a few sessions, but also describe it as "life-changing" because it boosts overall health.

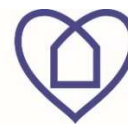
The really good news - Better sleep can also help with a multitude of health issues including depression, anxiety, fatigue, obesity, diabetes and hypertension. So, if your patients want to make a positive change, improving sleep is a great place to start.

Just begin by asking "how are you sleeping?". If someone is struggling to get to sleep, stay asleep, or simply not feeling restored, Dr Bhatia would be delighted to help.

To refer or find out more email: team@humble.info or Visit www.humblesleep.com



Humble



LITFIELD HOUSE
Medical Centre

Upcoming Events

The full list of our third series of free GP Educational lectures for 2025 will be advertised shortly (August), so do check your emails.

Once they are confirmed and available, overviews of the lectures can be viewed on our website on the following link (along with a link to join our mailing list and register for the events):

<https://www.litfieldhouse.co.uk/healthcare-professionals/education-and-events/>

If you know of any colleagues that are interested in signing up to our mailing list to receive news of our lectures, please forward the following link:

<https://mailchi.mp/bf6018c44f61/gp-lecture-signup>

Victoria Gee
Marketing & Events

marketing@litfieldhouse.co.uk

Tel (Direct Line): 0117 317 1486 (Wed-Fri)



Please click on the following links for more information:

Consultancy/Surgical Suite Hire

[Consultancy Room Hire Bristol | Litfield House Medical Centre](#)

Consultants and Specialities

[Consultants and Specialities | Litfield House Medical Centre](#)

Medico Legal

[Medico Legal Matching Service | Litfield House Medical Centre](#)