

ECU SLEEPING BETTER WORKSHOP

ECU Sleeping better is a half day information session to help you improve the quality of your sleep.

Register now if you:

- have difficulty falling asleep at night
- wake frequently during the night
- have difficulty waking
- wake too early
- have sleep that is of poor quality
- worry about getting to sleep and/or gaining sufficient sleep, and the impact of poor sleep.

This Workshop will cover:

- sleep education on debunking the myths about sleep
- sleep hygiene (good sleeping practices and routines)
- strategies to combat worrying and intrusive thoughts
- relaxation techniques

The Workshop will be facilitated by postgraduate Clinical Psychology students under supervision of a Clinical Psychologist and aims to equip you with the knowledge and skills to improve your sleep.

**Creative thinkers
made here.**



When

Wednesday 21 May 2025
9am to 12pm

Where

ECU Psychological Services Centre
ECU Health Centre, Level 2
30 Dundobar Road, Wanneroo 6065

Cost

\$10.00 - includes workshop, tea, coffee and a light snack. Reduced fees for concession card holders.

Register

psychologicalservices@ecu.edu.au

(registrations will be confirmed prior to commencement of workshop)



(08) 6304 7200



www.ecu.edu.au/psc