



# 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

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.

**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

**Further Information**

Please call us on (08) 6304 7200

**ECU.EDU.AU**



**When**

**Thursday 10 October 2024**  
9am-12pm

**Location**

**ECU Psychological Services Centre**  
Level 2, 30 Dundee Road  
Wanneroo WA 6065

**COST**

**\$10** – includes workshop, tea, coffee and a light snack. Reduced fees for concession card holders.

**Register**

**Email:** [psychologicalservices@ecu.edu.au](mailto:psychologicalservices@ecu.edu.au)  
(registrations will be confirmed prior to commencement of workshop).