Our Sleeping Better Program is an interactive workshop 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

WHEN
Thursday 4 February, 2021
9.00am – 12.00pm

LOCATION
ECU Psychological Services Centre
Level 2, 30 Dundebar 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
(registrations will be confirmed prior to commencement of workshop)

FURTHER INFORMATION
Please call us on (08) 9303 7801

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School of Arts & Humanities