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## About the program

The Sleeping Well program teaches practical strategies for dealing with common sleep issues. Topics covered include;

- What is sleep?
- Importance of sleep cycles
- Insomnia
- Impacts of poor sleep on mental health conditions
- Sharing helpful sleep hygiene techniques

Education on sleep hygiene is delivered in a group setting.

The Sleeping Well program is held over 4 weeks.

## Contact us

Sleeping Well groups are held at:

- Gailes Community Care Unit  
6 Baker Street, Gailes
- Online on Microsoft Teams.

Ask your treating team about getting a referral, and for group days and times.

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