



Better Sleep Program



Reconnexion is offering a **free** sleep program aimed at addressing the insidious issue of poor quality sleep. The “**Better Sleep**” program is a stepped-care approach to treating sleep problems with three levels of support:

- **An Online Information Session** (60 minutes)
- **A Brief Intervention** (Self-guided booklet + up to 3 sessions with a counsellor)
- **A CBT for Insomnia Group** (8 weeks online)

Although Reconnexion specialises in supporting individuals to come off their sleeping medication, the main focus of the “Better Sleep” program is on improving sleep quality, so you ***do not*** need to be taking a sleeping pill to be eligible.

To register your interest in the first step of this program, please follow [this link](#). We ask that you complete a brief survey prior to attending the “Better Sleep” online information session. This session is delivered in an interactive format where you can ask questions from our experienced counsellors. If you have any questions or would like to find out more, please call our support line or email us directly.