



The **BETTER SLEEP** Program

Reconnexion is offering a free sleep program aimed at addressing the issue of poor sleep in the community. The 'Better Sleep' program involves three steps to help you improve your sleep:

- 1 A 60-minute online information session
- 2 A self-guided booklet with up to 3 sessions with a counsellor
- 3 An online 8-week group involving CBT for Insomnia

Although Reconnexion specialises in supporting individuals to come off their sleeping medication (i.e., benzodiazepines and z-drugs), the focus of the Better Sleep program is on improving sleep quality and not reducing medication. This means 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 [click here](#).

Deakin University is evaluating our Better Sleep program, so to access it you will need to agree to participate in this study and complete a brief survey prior to attending the information session.

If you have any questions or would like to find out more, please call our support line or email us directly.

 1300 273 266

 bettersleep@reconnexion.org.au