



Common Sleeping Problems Include...

- Difficulty falling asleep
- Waking during the night
- Waking too early in the morning
- Body clock disturbances (eg. difficulty falling asleep at night and difficulty waking in the morning)
- Sleeping problems due to shiftwork
- Jetlag
- Not being able to "switch off" your mind in bed
- Worrying about not sleeping
- It's not unusual for 2 or more of these problems to co-exist.

Sleeping Problems Can Lead To...

- Lethargy
- Anxiety (particularly concerning sleep)
- Irritability
- Depression
- Impaired concentration
- Reduced energy levels
- Decreased performance
- Poorer physical and mental health
- Relationship problems
- Reduced safety, particularly when driving.

Ballarat Community Health provide the opportunity for clients to undertake a two hour workshop from one of the professionals from Sleep Solutions.

A 2 hour workshop will be held once per term. Gold Coin Donation. Please Call: 53 3845 00 to register your interest.