

# *Rideau*

**Family Health Team**

## **BETTER SLEEP PROGRAM**



- **Have difficulty falling asleep at night?**
- **Wake up during the night and are unable to return to sleep?**
  - **Still feel tired after a night's sleep?**
- **Experience daytime fatigue or sleepiness and poor concentration or focus?**
  - **Feel irritable, depressed, or anxious due to lack of sleep?**

***Learn more about cognitive behavioural therapy (CBT-I) as an effective method to improve sleep***

- **Change sleep thoughts and behaviours**
- **Develop lifestyle changes to improve sleep**
- **Practice relaxation techniques**
- **Gain knowledge about sleep cycles, sleep hygiene, sleep efficiency**

To register for this free 4 week course please call (613) 526-1906 or let your primary care provider know