

Successful Sleep Program

Providing resources, education and clinical support to enhance your sleep and improve your wellness.

Who is the program for?

Individuals who experience sleep difficulties at least three nights per week for the past few months, and have a diagnosis of a mood disorder, anxiety disorder or a trauma-based disorder.

Program Content

- Understanding sleep
- Preparing for sleep
- Managing worries about sleep
- Staying asleep
- Dealing with nightmares
- Coping the next day

About the program

This closed group day program is designed for people who are experiencing difficulties with sleep. This may include difficulty getting to sleep, staying asleep, early wakening, nightmares or daytime fatigue.

When is it held?

One day a week over 6 weeks as detailed below. Afternoon tea is provided.

12:00pm - 12:45pm Registration and sign-in

12:45pm - 4:00pm Group Program

Check our website for the current timetable.

Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover. Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

Further Information

For information on this program please contact the South Coast Private Day Programs Team

T: 02 4286 6847

E: sco.dayprograms@aurorahealth.com.au