

# Successful Sleep

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 trauma-based disorder

## Program content

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

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### 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.

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### When is it held?

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

8:30am – 9:00am	Registration and sign in
9:00am – 12:00pm	Group program

Check our website for the current timetable.

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### How to join

Individuals interested in attending this program will need a referral to a Psychiatrist with admission rights to South Coast Private Hospital.

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### How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund. We ask that participants confirm any applicable out of pocket or gap costs directly with South Coast Private Hospital.

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### Further information

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

T: 02 4286 6847  
E: [sco.dayprograms@healthecare.com.au](mailto:sco.dayprograms@healthecare.com.au)

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South Coast  
Private Hospital