

SLEEP WELL



Experiencing sleep difficulties or
poor sleep quality?

Learn to minimise these at
our free class

About the course

Sleep Well is a 2 hour course that provides you with knowledge and strategies to help reduce sleep problems and improve your sleep quality. This is a free course available to adults.

The course content includes:

- Introduction to sleep and what controls your sleep
- Techniques to challenge unhelpful behaviours around sleep
- Building a positive association with sleep
- Recognising the importance of our thoughts around sleep
- How to use this knowledge in your day-to-day life.

What can I expect?

What does the session involve?

- NHS professionals teach you evidence-based methods of dealing with sleep problems.
- You will receive a free course workbook by post or PDF.
- You can choose to attend in-person or online.
- You will NOT be expected to discuss your personal problems.
- This is an informational course, not a group therapy session. Just sit back, listen and take it all in.

SLEEP WELL WILL HELP YOU UNDERSTAND YOUR SLEEP PROBLEM BETTER: HOW IT AFFECTS YOU AND WHAT KEEPS IT GOING.



Information on how to book our courses is available online at **accesstherapiesfife.scot.nhs.uk** or scan the QR code below:



Contact details

Email: **fife.atfife@nhs.scot**

Telephone: **01383 565427**

Leave a message on the answer machine and we will get back to you.

or write to us at:

Access Therapies Admin Team

Psychology Service

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