



Bushfire recovery
takes time and effort.
Healthy sleep is a vital
part of any recovery.

How you can prevent chronic insomnia.

Poor sleep can become an ongoing problem even after the circumstances that caused it have passed.

You may know exactly when and why your poor sleep started, perhaps during a particular time of high stress.

However, that stress may be over now, and you find that you are still not sleeping well on a regular basis. Often the reasons why the poor sleep continues have nothing to do with the factors that triggered the poor sleep in the first place.

Short-term poor sleep (or acute insomnia) can lead to chronic insomnia. The factors causing acute insomnia and chronic insomnia are likely to be different. There are things you can do to prevent chronic insomnia.

For helpful information, visit
www.sleephealthfoundation.org.au/fact-sheets
and look for Preventing Chronic Insomnia



better sleep.
better life.
better planet.

WORLD
SLEEP
DAY
2020

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