



The **BETTER SLEEP** Program

Reconnexion is offering a **free** sleep program aimed at addressing the issue of poor sleep in the Victorian community. The 'Better Sleep' program involves three steps to improve your sleep:

- 1 A 60-minute online information session
- 2 A self-guided booklet with up to 3 sessions with a counsellor
- 3 An 8-week online group involving CBT for Insomnia

Although Reconnexion specialises in supporting individuals to come off their sleeping medication (i.e., benzodiazepines and z-drugs), the focus of the Better Sleep program is on improving sleep quality, and not on reducing sleep medication. This means you do not need to be taking a sleeping pill to be eligible.

 To register your interest in the first step of this program please [click here](#).

Deakin University is evaluating the Better Sleep program, so to be **eligible** you will need to consent to participate in this study and also live in Victoria. Participation involves completing questionnaires before and after you enter the Better Sleep program.

If you have any questions or would like to find out more, please call our support line or email us directly.

 1300 273 266

 bettersleep@reconnexion.org.au