Alex Mortlock's

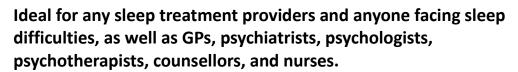
(Registered Clinical Psychologist at Sleep Well Clinic)

Guide to Good Sleep

- ♦ ½ of ALL New Zealanders report sleep disturbance
- ♦ ¾ of patients referred to sleep clinics have a psychiatric disorder (e.g. depression, anxiety, substance abuse)
- Treating the sleep improves the psychiatric disorder and quality of life

Learn about sleep problems and solutions:

- —Sleep Theory
- —Sleep problems and disorders
- -Effects of sleep deprivation
- —Management of sleep disorders including:
 - -Light therapy
 - -Melatonin (no, you don't take it just before bed!)
 - -Cognitive Behaviour Therapy



Friday, 8th August 2014, 6pm—8pm

@ Psychology Associates Development Centre
First floor, NMA Building, 49 Water Street, Dunedin
Register online at www.psychologyassociates.co.nz
Early bird special \$82 if registered by Friday, 25th July
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