

# Alex Mortlock's

(Registered Clinical Psychologist at Sleep Well Clinic)

# Guide to Good Sleep

- ◆ ½ of ALL New Zealanders report sleep disturbance
- ◆ ⅔ 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



Ideal for any sleep treatment providers and anyone facing sleep difficulties, as well as GPs, psychiatrists, psychologists, psychotherapists, counsellors, and nurses.

**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](http://www.psychologyassociates.co.nz)

Early bird special \$82 if registered by Friday, 25th July

Standard registration \$115



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