



These resources may assist you in changing habits in specific areas of your life.

SLEEP

Sleep problems can be caused by a variety of things including stress/anxiety, narcolepsy or unhelpful bedtime habits. There are organisations that can provide information about healthy sleep, and how to deal with sleep-related problems.

1. National Sleep Foundation

<http://www.sleephealthfoundation.org.au/>

2. Better Health Channel (Victorian Government)

<http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/sleep>

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Sleep_problems_insomnia

3. SNORE Australia

<http://www.snoreaustalia.com.au/insomnia.php>

4. Narcolepsy and Overwhelming Daytime Sleep Society of Australia

<http://www.nodss.org.au/>

5. Australian Psychological Society (Insomnia)

<https://www.psychology.org.au/inpsych/2014/april/bartlett/>