



THE UNIVERSITY OF  
**WESTERN  
AUSTRALIA**



## Improve Your Sleep (40+)

### Robin Winkler Clinic

If you're over 40 and finding it hard to fall or stay asleep, our Improve Your Sleep group may help. This low-cost program has supported our community for many years and has a strong record of helping people sleep better, worry less about their sleep, and feel more energised during the day.

This program may be right for you if you:

- have trouble falling asleep, staying asleep, and/or waking too early
- feel fatigued during the day
- worry about your poor sleep

Our four-session group uses Cognitive Behaviour Therapy for Insomnia (CBT-I), the gold-standard treatment for insomnia.

You'll receive a detailed manual to support your learning, and you'll be guided through practical strategies in a supportive group environment. Across the sessions, we explore:

- Sleep myths and facts
- Creating your optimal sleep schedule to fall asleep faster and minimise night-time wakings
- Healthy sleep habits
- Strategies to calm a busy mind and/or tense body
- How to reduce worry about sleep
- Stress management and maximising daytime energy

Each group includes around six to eight participants and is facilitated by clinical psychology trainees at the Robin Winkler Clinic, working under close supervision.

The group consists of **4 weekly 2.5-hour sessions**, at an affordable cost of **\$20 per session**. You are required to attend a free initial appointment to check that the program is right for you.

Your sleep, mood, and daytime function will be assessed before and after the program.

The program will start:

**Date:** Friday 1st of May 2026

**Time:** 2pm - 4.30pm

**Cost:** \$20 per session

For more details, please email [clinic-sps@uwa.edu.au](mailto:clinic-sps@uwa.edu.au) or see <https://www.uwa.edu.au/facilities/robin-winkler-clinic>

**Scan the QR code to complete our expression of interest form**



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