



Sleep Issues and how MyCoach can help you

Many individuals have sleep problems and don't get the rest they need. Sleep issues affect people of all ages, and includes obesity, diabetes, high blood pressure, heart disease, stroke and poor mental health. Insufficient or poor quality sleep can stem from diverse factors, including sleep disorders, medical conditions and mental health. A sleep study commissioned by Sleep Health Foundation revealed that almost 60 per cent of Australians experience at least one sleep symptom (such as trouble falling or staying asleep), and 14.8 per cent have symptoms that could result in a diagnosis of clinical insomnia.

How sleep issues may be affecting you

- Trouble falling asleep.
- Difficulty staying asleep.
- Waking up too early and not being able to get back to sleep.
- Difficulty managing the impact of constantly changing sleep times, perhaps due to shifting schedules or carer responsibilities.
- Excessively worrying about the amount of sleep you are getting, or the quality of sleep.

What you may work on together with a MyCoach clinician

- Reviewing guidelines about how to set up good sleep routines to maximise the chance of a good sleep.
- Developing a phased, positive approach to setting up new sleep habits.
- Learning ways to respond to a worry-prone mind.
- Acquiring strategies to deal with disrupted sleep.
- Mastering practical skills such as relaxation and breathing techniques.
- Discussing when specialist support or consultation with a sleep doctor is warranted.

Positive outcomes from addressing sleep issues through MyCoach counselling

- Notice improvements in your mood and experience greater success at regulating your emotions.
- Create observable increases in energy levels.
- Avoid "bedtime procrastination".
- Optimise your thinking, memory and decision-making capacities.
- Increase your productivity at home and work.
- Reduce risks of long-term health problems influenced by sleep deprivation.

Please call us to book your first appointment with a MyCoach clinician. Support is available face-to-face or by telephone or video call.