





Sleep Well

A psychoeducational workshop exploring strategies to improve common sleep problems.

Experiencing sleep difficulties or poor sleep quality?



Finding it hard to wind down at night?



Troubling thoughts that keep you up?

Learn strategies to improve your sleep at our free course

To book onto a course or to find out more, contact us: Online: <u>www.accesstherapiesfife.scot.nhs.uk</u> By Email: <u>Fife.atfife@nhs.scot</u> By Phone: 01383 565427