

## What is the Better Sleep Program?

The better sleep program is based on scientifically proven therapy for sleeplessness and focuses on three main objectives:

- identifying and eliminating ineffective sleeping habits;
- reducing sleep related anxiety and other psychological issues which disrupt sleep; and
- addressing dysfunctional beliefs and attitudes that make sleep difficult.

The Better Sleep Program will help you work out how to improve both the amount and quality of your sleep. It will help you improve quality of life both at work and at home.

**It is completely confidential and free to all John Holland employees, immediate family members and is available now.**

# ARE YOU FEELING TIRED?



## Enrol yourself now in the Better Sleep Program



## Are you one of the 1.5 million Australians with a sleep disorder?

---

People experiencing sleep problems are more at risk of developing chronic illnesses, hypertension, diabetes, depression, obesity and cancer.



## How tired are you?

---

This quiz will help you assess your typical level of tiredness. Circle the number that best describes how you have been over the last one or two months.

**1 = least like you**  
**4 = most like you**

1. Do you fall asleep in front of the TV?  1  2  3  4
2. Are you irritable at home or at work?  1  2  3  4
3. Do you fall asleep when you are a passenger on long journeys?  1  2  3  4
4. Do you sleep more on your days off?  1  2  3  4
5. Does your partner (or other family member) complain that you do not want to do anything?  1  2  3  4
6. Do you wake up feeling tired?  1  2  3  4
7. Do you feel tired and have difficulty concentrating during the day?  1  2  3  4
8. Do you have to make an effort to do the things you previously enjoyed?  1  2  3  4

---

**If you have a score of 11 and above, book now for the BETTER SLEEP PROGRAM.**

---

## What do you need to do?

---

Call 1800 991 151 and ask that you'd like to enrol in The Better Sleep Program.

You will be assigned a Better Sleep Consultant who is a qualified psychologist or health professional who will guide you through a four-week interactive program.

During the program you will receive a Better Sleep Guide with loads of information and self-assessments all aimed at achieving better sleep. Your consultant will follow up after six and 12 weeks to ensure you're still on track!

