

Sleep Hygiene

PHN EDUCATION SESSION -
MASTERMIND

Our facilitator, Matt Milne, Rural Adversity Mental Health Coordinator, will lead a discussion on the importance of maintaining good sleep hygiene for mental health, and strategies for improving sleep quality.

Learning outcomes for the session include:

1. Understand the normal physiological response to different stages of sleep.
2. Apply sleep hygiene practises to improve the quality of your sleep.
3. Adopt useful strategies to reduce stress and anxiety that impacts on sleep quality

SPEAKERS: **Matt Milne** (Mental Health Coordinator, Rural Adversity Mental Health Program), **Hannah Jenkins** (PHN Primary Care Improvement Officer), **Scott Wood** (PHN Bushfire Recovery Coordinator)

WHO: **General Practitioners, Practice Nurses & Practice Managers**

WHEN: **Wednesday 16th June 2021, 1.00 pm – 1.45 pm**

WHERE: **Online via GoToWebinar**

RSVP: **Please [click here](#) to register**