

Dear All,

Thank you for joining us on the Sleep Podcast.

In addition to the information shared on the podcast, Lisa has included additional resources below.

Contacting Lisa: If you would like to contact Lisa regarding workshops for your child's school and/ or your work place, please feel free to contact her via email or phone:

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Additional Resources:

- [The Sleep Connection: Tips & Resources Page](#)
As promised you will find more detail regarding the sleep tips Lisa shared on the podcast, together with the sleep diary and time management tools here on this link.
- [The Sleep Health Foundation](#): Key Australian website on most sleep topics.

Links to Topics Raised:

- [CBTi: Sleep Health Foundation-Cognitive Behavioural Therapy for Insomnia \(CBTi\)](#)
- **Snoring:** Snoring, is a common disruptor of sleep quality, affecting both the snorer and their partner, leading to fragmented, non-restorative rest. offers innovative holistic solutions to combat snoring. [Snorelux](#)
There are many products to assist with snoring, however Snorelux offers a comprehensive range.

Before using any product it is recommended that you get your sleep checked out by a sleep health professional to ensure there are no other underlying conditions that needing treating and/ or the product is right for your particular situation.

- **Sleep & Sports Performance**
 - [Dr Matthew Walker:.](#) -Secrets to Improving Your Metabolism, Reaction Time, and Longevity
 - [Sleep4Performance-](#) The Next Level in Human Performance

Sleep & Menopause

- [Sleep Hub: Sleep Talk- Episode 39 Menopause](#) with Dr David Cunnington (Sleep Physician), Dr Moira Junge (Health Psychologist) and Dr Sonia Davison, (Endocrinologist and expert in Women's Health). Menopause is a time of significant changes in sleep, as well as a range of other symptoms. Why does this occur and how

can symptoms be addressed?

- [The Sleep Doctor](#)- How menopause affects sleep
- Meet Wendy Sweet as she discuss [the menopause jigsaw, with more of a “healthy aging science” perspective](#) with the option of watching [My Menopause Transformation Masterclass](#)

Tools

Products to reduce your blue light exposure:

- [Block blue light](#)- information and blue blocking products including glasses which block approx. 95% of blue light (use this code to give you a discount: THESLEEPCONNECTION).

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Where to get professional help

Despite implementing sleep tips and improving time management in your household, you and/ or individual in your family may require additional help to improve your sleep.

We encourage you to seek this out. Talk to your doctor-if you feel you have troubles with your sleep such as: going to sleep or staying asleep; persistent problems with your mood; excessive daytime sleepiness; restlessness in bed; severe snoring or wakening unrefreshed despite what should be adequate length sleep.

To see a sleep specialist or sleep psychologist you require a referral from your GP. Some online programs can be self-referred, other requiring a referral.

Online:

- [Sleep Shack](#): an online program for sleep problems in pre-teens and teens.
- [Sleepio](#): an online program tailored for adults, to help improve poor sleep. [Sleepio-Expert articles & guides](#) are highly recommended reading.
- [TM Insomnia Treatment](#): personalised insomnia Treatment

Online and In-person:

- [Winksleep Online & Wink Sleep Clinic](#): they help adults experiencing insomnia - teens falling asleep late and hard to wake on school mornings - or school kids needing their parents nearby to sleep - or young kids or babies that haven't yet learned the skills to sleep well
- [Woolcock Clinic: Sleep Coaching & Group classes](#): experienced sleep coach provides individual consultations and group insomnia classes
- [TM Insomnia Treatment](#): personalised insomnia treatment

In Person Sydney:

- [Woolcock Paediatric Sleep Clinic](#): Australia's specialist Paediatric and Adolescent Sleep Service which assesses and manages all sleep disorders in children and teenagers. The team includes sleep specialists, psychologists, psychiatrists, and ENT's.

- Woolcock Adult Sleep Clinic: a world-leading medical centre, based in Glebe, specialising in the diagnosis and treatment of all sleep and breathing disorders.
- Woolcock Insomnia Clinic: Sleep Coaching & Group classes
- Womens Health Road -Frenchs Forrest

Other In Person Options for Sydney and Interstate:

- Your GP will be able to point you in the right direction for the most relevant and local sleep specialists and/ or sleep psychologists.