



Supporting Emotional Wellness (SEW) in Residential Aged Care Facilities

Sleep Hygiene groups for residential aged care facilities

Sleep is vital to physical and mental health. Good sleep can improve wellbeing and reduce symptoms of anxiety and depression.

As we age our sleep changes. We sleep less and have changing patterns of sleep. Sleep hygiene is the use of routines that set you up for a better nights sleep.

Sleep hygiene groups are free, low-intensity sessions guided by trained health professionals.

If you're interested in sleep hygiene groups, contact staff at your facility.

If you would like to learn more about the Supporting Emotional Wellness in Aged Care (SEW) program, contact us:

1800 000 739 (1800 000 SEW) | MHRAF@rasa.org.au
www.rasa.org.au/services/adult-health-wellbeing/sew