

# Strategies for Better Sleep



**Do you have trouble falling asleep or staying asleep?**

**Do you have difficulty relaxing and turning your brain off?**

**Do you wake without feeling refreshed?**

Register for a 3 session workshop to help you with strategies to improve your sleep

## **Learn more about:**

Healthy sleep patterns

Barriers to getting a good night's sleep

Ways to relax your mind and body

Strategies for coping with insomnia

## **Waterloo Region Nurse Practitioner Led Clinic**

**[www.wrnplc.ca](http://www.wrnplc.ca)**

Workshop dates/times

Cambridge Office  
13 Water Street, N

Thursdays  
February 15, 22, 29<sup>th</sup>  
5-6:30 pm

Open to any WRNPLC  
patient

Confirm your spot by  
calling our office  
Or

Send an email to  
[patient@wrnplc.ca](mailto:patient@wrnplc.ca)

include  
**SLEEP GROUP** in the  
subject line