



invitation to  
**HEALTH**

# Improve Your Sleep With the ITH Sleep Unit

256 Henry Parry Drive Wyoming Phone (02) 4322 0700

Invitation to Health is unique in that we have experienced practitioners from the most important areas of complementary medicine working together with our General Practitioners to offer an integrated approach to improving health. If there is a solution to your health problem you are likely to find it here.

Our Sleep Unit offers a specially tailored program to help clients suffering from sleep difficulties that combines a range of therapies to help them improve their sleep.



## Sleep Fast Facts

A number of factors can make it difficult to sleep well. Short term bouts of insomnia arise from emotional stress, use of excessive stimulants (such as coffee and caffeine products), eating dinner at a late hour and varying your normal sleeping patterns (for example travelling in new time zones or working night shift).

Long term sleep problems usually result from overtaxing your mind and body, either through chronic ill health or intense activity or intense thinking or long term emotional stress. Poor sleep may also result from

conditions, such as pain, muscle spasms, depression, and neurological conditions,

Generally if you are having difficulty falling asleep, this is a sign of worry, stress and thinking being over active. If you fall asleep but wake during the night, this is usually a sign that your physical vitality is low and needs to be rebuilt.

## Treatment Approach

At the ITH sleep unit you are first assessed to determine what factors are driving your sleep problems. A typical case would involve you receiving treatment to:

- Enhance your vitality;
- Address lifestyle issues and any emotional stress that is contributing to your sleep patterns;
- Deal with other contributing factors such as pain or depression if necessary.

You are monitored and treated by your case manager, as well as therapists who specialise in helping you in each of these key areas. The standard program involves fortnightly consultations with members of our team. After 3 months your progress is reviewed and if necessary further treatment recommended to target any remaining problems.

## Enquiries

You may book into the program by calling 43220700 or if you have further questions you may ask to speak with the unit manager David Corby.