

## Health, Beauty & Fitness



# Sleep easy secrets

**G**ETTING a good night's sleep is often all in the mind, says sleep educator and stress management consultant Brenda Rae Doherty.

The good news is, if you're one of the many who can't get a good night's sleep, Ms Doherty can teach you how to in her SleepEasy workshops.

"The workshops bring desperately longed-for-rest to new parents, housewives, retired, corporate people and students," Ms Doherty says.

According to Ms Doherty, the main causes of poor sleep are extremely common.

"Typically it's a combination of everyday stress, coupled with habits and activities that interrupt the body's natural process of preparing for sleep.

"Once we understand that the body itself has a sleep process, we can understand how to stop hindering it, and learn simple techniques that encourage this process."

The causes of poor sleep are often very simple, but the effects can be devastating.

The NRMA cites fatigue as a factor in one in six road accidents, with the transition between drowsiness and sleep occurring in one second. Prolonged periods of poor sleep can affect concentration and



**SNOOZE...**  
Sleep educator Brenda Doherty helps a client get to sleep.

memory and cause irritability and emotional instability, and eventually lead to the breakdown of the body's immune system.

Ms Doherty says that between

80 and 90 per cent of her participants report successful results.

For more information or bookings, contact Brenda Rae Doherty on 9977 0213.