



# UNDERSTANDING SLEEP HYGIENE

## COMMUNITY INFORMATION WEBINAR

headspace Greensborough, in partnership with Austin Health Youth Engagement and Treatment Team Initiative (YETTI), will be delivering an information webinar for parents/carers and members of the community.

Sleep is essential for young people to feel their best and do their best, but many young people get far less sleep than they need. This information session, run by experienced Youth Mental Health Clinicians, aims to explore why many young people don't get enough good quality sleep and will explore practical sleep hygiene tailored for young people.

**Who can attend:** Current family and friends of YETTI and headspace Greensborough clients, as well as any other members of the local community

**When and where:** 4 April 2023 5:30pm—6:30pm  
via Zoom

**RSVP:** [Register here via Eventbrite](#)

**Cost:** Free!



**For more information,  
please call  
headspace Greensborough  
on (03) 9433 7200**