

Free Survivorship Webinar

Sleep

“How can I get a good night’s sleep?”

WHEN: 30th August TIME: 7 to 8pm (AEST)



Register online at

www.cancercouncil.com.au/get-support/webinars/

A webinar is an online seminar you can watch on your computer or mobile device. Hear personal stories and expert knowledge. Watch and listen anywhere, anytime on any device.

** The recorded webinar link is emailed to all registrants

Webinars

Personal stories and
expert knowledge
Watch and listen anywhere,
anytime, on any device



Sleep - “How can I get a good night’s sleep?” Thursday 30th August, 7 - 8pm (AEST)

Getting a good night’s sleep is important for maintaining your energy levels, reducing fatigue, and improving mood. Difficulty sleeping may be caused by pain, breathlessness, anxiety or depression. Following a cancer diagnosis your sleep can become disrupted. This might be because you’re worried about being diagnosed with cancer or because of some of the treatment’s side effects. If you’ve been diagnosed with cancer, your mind is probably occupied with many different thoughts and emotions, and sleep may be low on your list of concerns. But getting a good night’s sleep can improve your quality of life, and make it easier to deal with the other issues you are now facing. This webinar will discuss some practical strategies to help improve your sleep.

What is a webinar?

A webinar is an online seminar you can watch on your computer or mobile device. Webinars enable many people – in different geographic locations – to share a common experience in real-time and to interact via a chat box with the presenters and participants.

Register online at:

www.cancercouncil.com.au/get-support/webinars/

The webinars are recorded enabling you to view the webinar at your convenience after the live event. All registrants are emailed a link to the webinar recording, a copy of the power point and a list of resources for future reference.