

Mindarma

How to

Get a good night's sleep

Mental Health Resources

Mindarma is an evidence-based e-learning program that protects mental health, builds resilience and equips workers with essential psychological skills. Contact info@mindarma.com or scan the QR code to arrange a complimentary trial.

Please reference the code **Rest** in your enquiry message.



How to get a good night's sleep

This 40 minute webinar features:

Assoc. Professor Nicole Lovato

Associate Professor in Sleep Health, Higher Degrees by Research Deputy Coordinator, Psychologist (Provisional) Flinders Health and Medical Research Institute: Sleep Health, Adelaide Institute for Sleep Health, College of Medicine & Public Health, Flinders University (SA)

Moderated by **Dr Sadhbh Joyce** Senior Psychologist and Co-founder of Mindarma, we discover the big, brain-boosting benefits of sleep and gain practical tips to help you get more of the good stuff. A recording of this webinar can be found [here](#).

Self-Care
webinar series 

Research and information on sleep and mental health

Werner-Seidler, A., Li, S. H., Spanos, S., Johnston, L., O'Dea, B., Michelle, T., Ribberband, L., Newby, J. M., Mackinnon, A. J., Christensen, H. (2022).

The effects of a sleep-focused smartphone application on insomnia and depressive symptoms: a randomised controlled trial and mediation analysis. The Lancet. Read [abstract](#)

Scott AJ, Webb TL, Martyn-St James M, Rowse G, & Weich S. (2021). **Improving sleep quality leads to better mental health: a meta-analysis of randomised controlled trials.** Sleep Medicine Reviews, 60, 101556. Read [abstract](#)

Sweetman A, Lack L, Van Ryswyk E, Vuklin A, Reed R, Battersby M, Lovato N, & Adams R. (2021). **Co-occurring depression and insomnia in Australian primary care: recent scientific evidence.** The Medical Journal of Australia, 215(5), 230-236. Read [abstract](#)

Da Silva Canhin D, Tebar WR, Scarabottolo CC, Silva GCR, Pinto RZ, Gobbo LA, & Oliveira CBS, Christofaro DGD. (2021). **Physical activity across life stages and sleep quality in adulthood – an epidemiological study.** Sleep Medicine, 83, 34-39. Read [abstract](#)

Streatfeild J, Smith J, Mansfield D, et al (2021). **The social and economic cost of sleep disorders.** SLEEP. 2021 Nov 12;44(11):zsab132. Read [paper](#)

Khan WAA, Conduit R, Kennedy GA, & Jackson BL. (2020). **The relationship between shift-work, sleep, and mental health among paramedics in Australia.** Sleep in the Workplace, Sleep Health, 6(3) 330-337. Read [paper](#)

Dickson, G.T., & Schubert, E. (2020) **Musical features that aid sleep.** Musicae Scientiae, 26(3). Read [paper](#)

Gardani M, Bradford DRR, Russell K, Allan S, Beattie L, Ellis JG, Akram U.(2022). **A systematic review and meta-analysis of poor sleep, insomnia symptoms and stress in undergraduate students.** Sleep Med Rev.;61,101565. Read [abstract](#)

Meaklim H, Jackson ML, Bartlett D, et al., (2020). **Sleep education for healthcare providers: addressing deficient sleep in Australia and New Zealand.** Sleep Health, 6(5), 636-650. Read [abstract](#)

Lovato N, & Lack L. (2019). **Insomnia and mortality: a meta-analysis.** Sleep Medicine Reviews, 43, 71-83. Read [abstract](#)

Werner-Seidler A, Wong Q, Johnston L, et al. **Pilot evaluation of the Sleep Ninja: a smartphone application for adolescent insomnia symptoms.** BMJ Open 2019;9:e026502. Read [paper](#)

De Rio João KA, Neves de Jesus S, Carmo C, & Pinto P. (2018). **The impact of sleep quality on the mental health of a non-clinical population.** Sleep Medicine, 46, 69-73. Read [abstract](#)

Adams RJ, Appleton SL, Taylor AW, et al (2017). **Sleep health of Australian adults in 2016: results of the 2016 Sleep Health Foundation national survey.** Sleep Health. Feb;3(1):35-42. Read [abstract](#)

Lovato, N., & Gradisar, M. (2014). **A meta-analysis and model of the relationship between sleep and depression in adolescents: Recommendations for future research and clinical practice.** Sleep Medicine Reviews, 18(6), 521–529. Read [abstract](#)

Alvaro PK, Roberts RM, Harris JK, et al (2013). **A systematic review assessing bidirectionality between sleep disturbances, anxiety, and Depression,** SLEEP. 36 (7) 1059-1068. Read [paper](#)

Baglioni C, Battagliese G, Feige B, et al. (2011) **Insomnia as a predictor of depression: a meta-analytic evaluation of longitudinal epidemiological studies.** Journal of Affect Disorders 135(1e3):10e9. Read [paper](#)

Taylor DJ; Lichstein KL; Durrence HH et al (2005). **Epidemiology of insomnia, depression, and anxiety.** SLEEP 2005;28(11): 1457-1464. Read [paper](#)

Factsheets

From the [Sleep Health Foundation](#)

1. [Facts about sleep](#)
2. [How much sleep do you really need?](#)
3. [Common causes of inadequate sleep](#)
4. [Mental health and sleep](#)
5. [Mindfulness and sleep](#)

Videos

[What is sleep paralysis](#)

Dr Alex Alamri (10 min)

[The Anatomy of Dreams](#)

Dr Alex Alamri (11 min)

[Sleep is your superpower](#)

Matt Walker (20 min)

[How to feel energised and sleep better with one morning activity](#)

Dr Andrew Huberman (6 min)

[How does blue light and other light affect your sleep?](#)

Dr Andrew Huberman (7 min)

[Coffee & sleep: How does caffeine work and its effects on sleep](#)

Matt Walker & Dr Andrew Huberman (12 min)

Podcast episodes

[How sleep boosts your brain health](#)

(University of Sydney)

[Master your sleep and be more alert when awake](#)

(Huberman Lab Podcast)

Harvard Medical School articles

[Why sleep matters](#)

[The link between sleep and mood](#)

[Sleep, learning and memory](#)

[12 Simple steps to improve your sleep](#)

Articles

[Sleep toolkit](#)

Dr Andrew Huberman, Huberman Lab

[How sleep affects mental health](#)

Kendra Cherry, VeryWellMind

[Sleep, fatigue and stress in healthcare workers](#)

Black Dog Institute

[What to expect in a sleep study](#)

Dr Brandon Peters

[Sleep should be prescribed: what those late nights out could be costing you](#)

Rachael Cooke, Guardian interview with neuroscientist Matthew Walker

[Study reveals the relaxing music to help you sleep](#)

Ben Knight, UNSW Newsroom

Books

[Why we sleep](#), Dr Matthew Walker

[How to sleep](#), Rafael Pelayo

[How to sleep better](#), Dr Helen Wright and Professor Leon Lack

Meditations

Reduce stress and bolster good quality sleep.

[Restorative Sleep](#) (11 min)

[Mindful Body Scan](#) (7 min)

[A Compassionate Hand for Residual Stress](#) (8 min)

[A Soothing Pause](#) (7 min)

Sleep clinics

Sydney: [The Woolcock Neurosleep Clinic](#)

Melbourne: [John Trinder Sleep Laboratory, Melbourne School of Psychological Sciences, University of Melbourne](#)

Adelaide: [Flinders Health and Medical Research Institute \(FHMRI\) Sleep Health Clinic](#)

Brisbane: [Sleep Disorders Centre, The Prince Charles Hospital](#)

Perth: [Pulmonary Physiology and Sleep Medicine Sir Charles Gairdner Hospital](#)

Canberra: [Canberra Sleep Clinic](#)

Darwin: [Darwin Respiratory and Sleep Health](#)

Tasmania: [Respiratory and Sleep Medicine, Tasmanian Health Service](#)

Sleep resources for new parents

[Tresillian](#)

[SleepHub](#)

[Video: Finding your temperature](#)

[Article: Digital health tools to support parents with sleep and mental well-being](#)

[Article: How does being a new parent affect sleep?](#)

Australian support services

Your local GP

Your General Practitioner can provide support for mental health issues.

If your doctor feels you would benefit from additional support, they may refer you to a psychologist or psychiatrist. In Australia a Medicare rebate is provided for up to 10 sessions with a psychologist each year.

Sleep Health Foundation

www.sleephealthfoundation.org.au

The Sleep Health Foundation is a not for profit health charity that aims to raise community awareness about the value of sleep and its common disorders, and to improve public health and safety.

Employee Assistance Program

Many organisations offer programs that allow employees to access free psychological assistance. Enquire with your employer to find out whether your organisation offers an Employee Assistance Program.

Lifeline

Phone: 13 11 14

www.lifeline.org.au

Lifeline provides free anonymous 24/7 generalist counselling that does not discriminate. If you are experiencing a personal crisis, Lifeline can help.

Beyond Blue

Phone: 1300 22 4636

www.beyondblue.org.au

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

SANE Australia

Phone: 1800 18 7263

www.sane.org

The SANE help centre provides the information, guidance and referrals you need to manage mental health concerns.

Suicide Call Back Service

Phone: 1300 659 467

www.suicidecallbackservice.org.au

This is a 24/7 referral line for people at risk of suicide, people caring for someone who is suicidal, or people bereaved by suicide. The service offers six 50-minute telephone counselling sessions to people over 18 years, and up to two call-backs to professionals.

Black Dog Institute

www.blackdoginstitute.org.au

The Black Dog Institute provides a range of online resources and support programs regarding mental health.

Online clinic

This resource is free and anonymous. It provides a personalised health assessment based on your responses. Information can be found [here](#).



The Sleep Ninja App

An app targeting adolescent sleep and mental health outcomes. More information can be found [here](#).



Sleep, fatigue and stress in healthcare workers

This fact sheet provides information about what constitutes good sleep and bad sleep, and some useful tips for sleeping well. You will also find links to online resources to help you deal with chronic sleep problems. The fact sheet can be downloaded [here](#).



HeadGear

A free app that guides you through a 30-day mental fitness challenge, including mindfulness tasks and exercises. Download HeadGear through the [App Store](#) or [Google Play](#).



**Black Dog
Institute**

Self-care plan

Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and wellbeing. Create a self-care plan [here](#).



Social and emotional wellbeing resources for Aboriginal and Torres Strait Islander peoples

This page includes a range of social and emotional wellbeing resources for First Nations people. Information can be found [here](#).



myCompass

The free, online myCompass program (for anxiety and depression) can be found [here](#).



TEN – The Essential Network for health professionals

Helping healthcare workers find resources and support to manage burnout and maintain good mental health. Designed by health professionals for health professionals, TEN makes accessing support quick, easy and confidential. Click [here](#) to find out more.



What is Mindarma?

This one minute video provides a short yet informative overview of the Mindarma program.

[Introducing Mindarma](#)

