



ROBIN WINKLER CLINIC  
SCHOOL OF PSYCHOLOGICAL SCIENCES

# Sleep Well for Mood

Sleep health is important for supporting mood and mental wellbeing.

For many individuals, treatment of insomnia improves mood and we are working to understand why this is the case.

We are inviting adults over 55 years old who have symptoms of insomnia and mood to participate in our research (those under 55 years old can participate at another trial site).

Participation involves assessing your sleep and mood, attending a 4-week insomnia treatment program (using CBT-Insomnia) and one follow-up session

WHERE:  
UWA Robin Winkler Clinic,  
Nedlands

WHEN:  
Throughout 2023-2024

For more information please contact Vanika Lall:  
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This research has UWA  
Human Ethics Approval ET000327