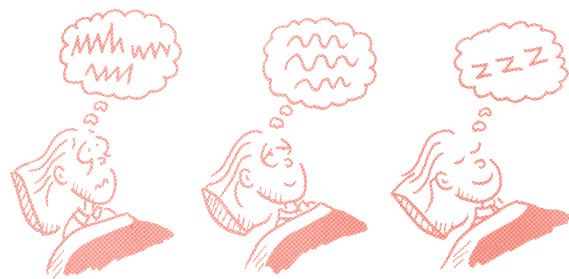


DO YOU SUFFER FROM:

- Trouble falling asleep?
- Waking up frequently during the night?
- Waking up and having trouble going back to sleep?
- Trouble sleeping well without medication?
- Excessive thinking or worrying in bed?
- Worrying about “not sleeping”?
- Light sleep? Irregular sleep? Non-restorative sleep?
- Insomnia associated with chronic pain?

THIS **PROVEN** AUSTRALIAN SELF-HELP PROGRAM CAN HELP YOU?



WHAT THE EXPERTS SAY...

“This is a very successful behavioural treatment program that has helped many people suffering from insomnia, particularly those with longstanding insomnia for whom sleeping tablets are generally less effective”.

Professor Murray Johns
Director, Sleep Disorders Unit
Epworth Hospital, Melbourne

“Dr Morawetz has developed this program over a decade, steadily refining and improving it. It is simple, does not need drugs, and is inexpensive and effective. It is recommended for all people experiencing difficulty getting to sleep or staying asleep”.

Dr Alex Wodak, FRACP
St Vincent’s Hospital, Sydney

“I just hand the program to people who are having trouble sleeping. I get very positive comments from them. People are just amazed and delighted to discover that they can actually stop worrying in bed”.

Anne Kotzman
Counselling Psychologist and Author, Melbourne

AND AUSTRALIAN INSOMNIA SUFFERERS . . .

“I don’t ache with tiredness any more. That has been just the greatest gain . . . It has certainly made me a more positive person because my thinking’s not clouded by fatigue any more”.

Wendy Redpath,
Sales Department Coordinator
Melbourne, Vic.



“It has worked. I’ve had some of the best sleep I’ve had for years”.

Stephen Bryar,
Salvation Army Captain
Mill Park, Vic.



AND AMERICANS . . .

“The results of this study indicate that the Australian self-help program “Sleep Better Without Drugs” is a clinically effective and cost-effective treatment for insomnia sufferers, with a success rate of 83%.”

Dr Julie Iler, Ph.D., Clinical Psychologist, Los Angeles, USA

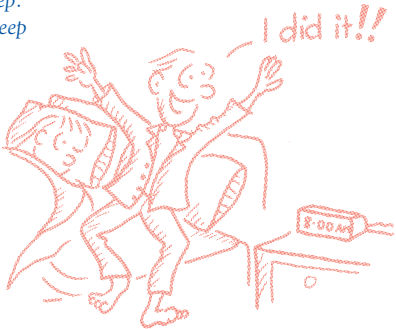
“I recently used your Australian “Sleep Better Without Drugs” program, and experienced extraordinarily positive results. I believe your program would be very successful in the USA.”

Arnold Perry, Investment Banker, Los Angeles, USA

[Note: “Sleep Better Without Drugs” is now available in the USA]

I had tremendous trouble getting to sleep and staying asleep. Finding out that I can sleep without drugs is the best part. I feel this program is an amazingly wonderful alternative to drugs”.

Lynn Rodden,
Counsellor and
Therapist, Hollywood
USA



DR DAVID MORAWETZ

B.A.(Hons), M.Sc.(Econ), Ph.D.
M.Ed.(Counselling), M.Psych., MAPS

Clinical and Counselling Psychologist
&

Associate Member, Brain Behaviour Research Institute
La Trobe University

- Dr David Morawetz is widely acknowledged as one of Australia’s foremost experts on helping people to sleep better without drugs.
- Dr Morawetz has published articles on sleep in the United States, the Netherlands and Australia. One of these articles appeared in *Australian Family Physician*, the journal of the Royal Australian College of General Practitioners.
- He has presented papers on sleep at Conferences of the Australasian Sleep Association, the International Congress of Psychologists, and Advances in Sleep Medicine (USA).



- He teaches postgraduate classes on sleep at the University of Melbourne and at La Trobe, Monash and Swinburne Universities.
- One of Dr Morawetz’s research projects is on **“Depression and Insomnia: Which Comes First?”** The key findings are available in the *Australian Journal of Counselling Psychology*, 3, 1, 2001: in the internet journal *Sleep Research Online*, 4, 4, 2001 (www.sro.org); and at www.sleepbetter.com.au.

ORDER NOW BY PHONE, INTERNET, FAX or MAIL

I understand that if I am not completely satisfied that “Sleep Better Without Drugs” can help me, I can return it within 7 days in the same condition in which I received it, and obtain a full and unconditional refund.

SPECIAL OFFER
(\$50 OFF)

~~RRP \$199~~

\$149

This special offer price **INCLUDES POSTAGE & HANDLING** and **GST of \$13.55**.
Discounts are available for purchase of 3 or more copies.
All prices are subject to change without notice. ABN: 99 400 766 842

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☐ **Yes!** Please send me **“Sleep Better . . . Without Drugs!”** for a **FREE 7 DAY TRIAL** with full **MONEY BACK GUARANTEE** at the **SPECIAL OFFER** price (**\$50 OFF**) of just **\$149** including GST and postage & handling (**LIMITED TIME ONLY!**).

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_____ State _____ Postcode _____

Phone () _____

Occupation _____

METHOD OF PAYMENT (Please tick the appropriate box or boxes.)

I have enclosed a ☐ Cheque or ☐ Money Order

for the sum of \$____ (Make cheques payable to “SLEEP BETTER”).

Please charge my ☐ Bankcard ☐ Mastercard ☐ Visa

Name of cardholder (as shown on card) _____

Expiry Date ____/____ Signature _____

☐ I prefer CDs or ☐ I prefer audiotapes

☐ Please send me _____ additional copies of this free brochure.

MAIL this order form to: **“Sleep Better Without Drugs”**

PO Box 581, South Melbourne, Victoria 3205; or

FAX this order form to: **(03) 9646 4474; or**

GO TO **www.sleepbetter.com.au** ; or

RING NOW (FREE CALL)

1800-066-044

(24 hours, 7 days)



WHO HAS LEARNED TO SLEEP BETTER?

- Women and men who had long term chronic sleep problems (up to 50 years duration), and short term problems.
- Ages 6 to 99 years.
- People from all walks of life and all levels of education.
- People who had tried many remedies for sleep, including several types of sleeping medication, anti-depressant medication, hypnotherapy, acupuncture, relaxation, meditation, yoga, natural remedies, exercise, eliminating caffeine and alcohol, warm milk, massage and seeing a health professional for many weekly visits.
- People who have used the program successfully were referred by General Practitioners, Specialists in Sleep Disorders Medicine, Psychologists, Counsellors, Psychiatrists, other Medical Practitioners, Natural Therapists, Naturopaths, Massage Therapists, Nurses, Social Workers and other Health Professionals.



IF YOU ARE SCEPTICAL...

- Most of the 83% of people whose sleep improved significantly after using the program started with some scepticism. To improve your sleep, **you don't have to believe in the program; you just have to do it** for 4-6 weeks. I do not expect you to say: "I know this program will work for me". What I hope you might say is something like:

"I don't know if this program will work for me, but there's an 83% chance that it will, so I'll certainly give it my best shot for 4-6 weeks".

Dr David Morawetz
Clinical and Counselling Psychologist

YOUR SELF-HELP SLEEP KIT

When you order your copy of "Sleep Better Without Drugs" for a **FREE 7 DAY TRIAL** with **Full Money Back Guarantee**, you will receive promptly in the mail your self-help **SLEEP KIT**. This Kit consists of three CDs or Audio Cassettes, the Better Sleep Guide Book, and a handy Quick Reference Card.

CD 1. OVERVIEW AND INTRODUCTION

On this first CD or cassette you will hear an overview of the "Sleep Better Without Drugs" program, and an explanation of how it can help you to help yourself to sleep better. You will also hear from people who have used the program to overcome their sleep problems. You can listen to this CD or cassette in the car, or at home during the day, or in bed at night.

CD 2. "SLEEP BETTER WITHOUT DRUGS" THE COMPLETE PROGRAM

The second CD or cassette explains the program in full detail. It helps you to work out what you need to do for your particular type of sleep problem in order to sleep better without drugs. It provides you with more than 50 interlocking strategies (or things you can do) to improve your sleep. You choose the solutions that work for YOU. You can listen to this CD or cassette in the car, or at home during the day, or in bed at night.

CD 3. RELAXATION FOR BETTER SLEEP

The third CD or cassette is a Relaxation that was recorded by Dr Morawetz especially for this program. You may use this CD or tape in bed at night to help you fall asleep, or to help you to go back to sleep if you have woken up. You may also use it to do relaxation during the day.

Book. BETTER SLEEP GUIDE

The fourth component of the Sleep Kit is the Better Sleep Guide, a book filled with helpful information and advice on how you can overcome your sleep problems. This book also includes chapters on coping with shift work and minimising the effects of jet lag.

Quick Reference Card. KEY FEATURES OF THE PROGRAM

The final component of the Sleep Kit is a handy Quick Reference Card. For your convenience and ease of reference, this card presents extracts from some of the key features of the program, to give you help when you need help most.

WHAT IS SPECIAL ABOUT THIS "SLEEP BETTER" PROGRAM?

- The program has been **scientifically and clinically proven** in Australia and the USA.
- There are **no drugs** involved.
- The **success rate** is 83%
- **More than 15,000 copies** have been sold in Australia, USA, and in 32 countries via the Internet (www.sleepbetter.com.au).
- The program is **practical, user friendly, easy to understand, easy to use**.
- There is **nothing subliminal**, and there is **no hypnosis**.
- The program helps you to **diagnose** your sleep problem, and then gives you **more than 50 things you can do to improve your sleep**. You choose the solutions that work for YOU.
- The program helps you to learn to **reduce thinking and worrying in bed** – a cause of many sleep problems.
- You can use the program to **eliminate all sleeping medication**.
- Because this is a self-help program, **it saves you time and money**. You use it at home for **4-6 weeks**, without having to make weekly visits to a health professional.
- The program is **endorsed and recommended** by Medical Experts in Australia and the United States, and by MBF Health Insurance.
- You can use the program for a **FREE 7 DAY TRIAL** with a full and unconditional **MONEY BACK GUARANTEE**.



To order "Sleep Better Without Drugs" on **FREE 7 DAY TRIAL**, and to order additional copies of this FREE BROCHURE, tick the box on the order form, or

RING NOW (FREE CALL)

1800-066-044

(24 hours, 7 days)

or visit

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32 COUNTRIES!



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A proven 4-6 week self-help program
You choose the solutions that work for YOU

DR DAVID MORAWETZ

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