



*Mindarma*

# *How to*

**Get a good night's sleep**

Discover the big, brain-boosting benefits of sleep and gain practical tips to help you get more of the good stuff.

**Wednesday 24 July 2024**  
**11:30am – 12:00pm (ACST)**

## Expert Speaker

**Associate 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)

## Moderator

**Dr Sadhbh Joyce**  
Senior Psychologist, Co-Founder of Mindarma, Meditation Teacher, External Fellow, Black Dog Institute/UNSW Medicine (NSW)

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