

FLOW

PULSE BY FLOW: VISITING PRACTITIONER PROGRAM

DR LINDSAY BROWNING, Sleep Therapist & Neuroscientist

Health care professionals around the world have found an increasing number of adults and children are showing signs of sleep deprivation since the onset of the global pandemic. However, getting sufficient sleep is associated with a reduced risk of depression, anxiety, obesity, diabetes, dementia, cancer, heart disease and stroke. To ensure you start the year rested and with the right tools to stay fit and healthy in the new year, FLOW is delighted to welcome Dr Lindsay Browning for a month-long residency.

Managing Jet-lag | 30 minutes | complimentary

Jetlag is a common disrupter of sleep after long distance travel. Jetlag is where your circadian rhythm (your internal 24-hour clock) is set in the wrong time zone for the country you are in. This quick 30-minute session will help you manage jetlag to ensure you enjoy your island holiday.

Relaxation | 30 minutes | complimentary

A group class on relaxation techniques to use before bed and in bed to fall asleep quicker and to enjoy a deeper, more restorative sleep.

Sleep Better | 45 mins | \$85 per a person

An introductory group session centred on the importance of sleep for improved health and wellbeing. Gain valuable insights on the best practices to ensure optimised restful sleep.

Managing sleep and stress | 45 minutes | \$85 per person

Increased stress is not only damaging to your health and wellbeing, but also affects sleep. Learn about tools and techniques to manage stress and aid sleep.

Children's sleep | 45 minutes

For parents - \$85 per person
5 to 10-year old - \$50 per child*
10 to 13-year old - \$60 per child
14 to 18-year old - \$70 per child

*Parents must accompany children below 13 years old

Many children have trouble sleeping which can be distressing for both them and their parents. In this session learn gentle strategies to help your child with their sleep. We will also discuss many common children's sleeping issues including night terrors, bedwetting, sleepwalking and early morning awakening, and discuss strategies to help.

Personalised One to One Consultations

30-minute session - \$200
60-minute session - \$330
90-minute session - \$400

A private consultation followed by a session focussed on your personalised sleep plan for proper stress management and restorative sleep.

*All prices are subject to 10% service charge and 12% GST.

