

# Dreaming of more sleep?

**Groov is here to help you get  
a good night's rest!**

Tune into to Groov this March to learn science and tips to improve your sleep. Learn about sleep and the brain, how to cope when you're sleep-deprived, and the truth behind common sleep myths.

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# March Sleep Soundly



Get the sleep of your dreams.  
Here's what's coming up in March from Groov:



## Live events

- **Set yourself up for success with a good night's rest**  
22 March 12:00 PM AEDT | 2:00 PM NZDT

Moira Junge, CEO of The Sleep Health Foundation in Australia, joins Dr Fiona Crichton in this exclusive webinar, to explore the science of sleep and the brain, the latest insights and research into sleep health, the effects of sleep on your mental wellbeing, performance and productivity, how to navigate or overcome common sleep barriers, and the importance of finding ways to set yourself up for sleep success.

## In the Groov app

- What is healthy sleep?
- The Groov guide to great sleep
- 5 sleep insights from sleep experts
- 7 sleep tips for shift workers

