

Sleep Apnoea

Do you have difficulty breathing through your nose?

Do you snore or wake up feeling tired even after a normal night's sleep?

You may be suffering from sleep apnoea.

Perhaps you've been told you need a CPAP Machine, Mandibular Advancement Splint or ENT surgery. But these cost thousands of dollars and only treat your symptoms.

What if there was a **gentle, yet effective treatment that eliminated the root cause of your Sleep Apnoea – and didn't require you to lose weight or spend thousands of dollars?**

CranioSacral Therapy is a specialised technique that provides profound and effective relief without costing the earth.

You may never have thought that the quality of your sleep and your ability to breathe through your nose were linked, but they are!

A course of CranioSacral Therapy will help you:-

- Breathe easily through your nose.
- Release the tension in your jaw, neck and shoulders;
- Find the correct sleeping posture;
- Enjoy a quiet, peaceful night's sleep;
- Some patients are able to stop using a CPAP machine or dental device.

Patients have noticed profound changes following treatment including:-

- Feeling rested in the morning;
- Increased energy;
- Greater power of concentration throughout the day.

Call 0409 508 020 Today for an Appointment!
Results are Long-Lasting and endorsed by Sleep Specialists!

Caroline Welsh Physiotherapy
The Studio,
Level 1, 18 Wilson St
South Yarra, 3141