

The Sleep-Over

Sat 26th Nov 9:30am Sign-in/Greet & Meet
7:00pm Pre-dinner reception
Sun 27th Nov Breakfast and optional sessions



For an amazing limited introductory offer of only
€235 per person or €415 for a couple (or 2 people) sharing
This reduced price includes the cost of the course and materials,
accommodation, and all meals. *Alcoholic drinks are not included.*
The deal is that we can take photos and videos to use (with your
consent of course) on our website along with your testimonials.



THE TOTALLY TRANSPARENT STAFFLESS CHARITY
FOR PERMANENTLY DISABLED SPORTS PEOPLE.



The Clinic.ie presents

The Sleep-Over



Put your sleep problems to bed

Do you struggle with getting a good night's sleep?

If you or your closest family are having difficulties getting to sleep,
easily disturbed while trying to sleep, struggling to get back to
sleep, tossing and turning all night, waking up feeling tired, having
daytime functioning problems, or maybe nodding off during the day

You could benefit from our overnight sleep retreat

A one day and one night programme
aimed at resetting your sleep patterns

Sat 26th - Sun 27th Nov in a period house an hour from Dublin

The Sleep-Over



The Sleep-Over will be held at the regal and opulent accommodation of Mearescourt House in Co. Westmeath, a fabulous house in a restful rural setting only an hour from Dublin.

Our gracious hosts will help with your goal of getting back to great sleep in whatever way they can, providing meals created with their own organic produce, dressing beds with sumptuous bedlinen, and making you feel like having a proper night's sleep.

A Modern Concept on the Ancient Sleep Temple

This new programme incorporates advanced treatments and techniques including Therapeutic Hypnotic Subconscious Communication, Cognitive Behavioural Therapy, plus dietary and activity workshops that will help you relax and get into a healthy sleep pattern.



We'll ask you to bring some indoor shoes, walking shoes (and a coat) and comfortable night wear. Please also note there will be a strict limit of only one cuddly toy per person.

Our Team brings a wealth of experience to dealing with the problems associated with sleep

Keane Harley, CBT Hypnotherapist

Keane is a qualified Hypnotherapist and NLP Practitioner using Psychotherapeutic Counselling to help people with stress management, anxiety, and sleep related difficulties.



Deirdre McSwiney, Sleep Therapist

Deirdre has spent many years in the Mater Sleep Clinic, where all sleep disorders are diagnosed, managed and treated, including Sleep Apnea and respiratory disorders, Narcolepsy, and Parasomnia abnormalities in sleep.



Gemma O'Connell, Nutritional Therapist

Gemma is passionate about empowering individuals to achieve optimum health and wellbeing through Naturopathy and Nutritional Therapy. She has devised specialised recipes and dietary practices for inducing better sleep.



Jim McMahon, Craniosacral Therapist

Jim is a certified Advanced Rolfer and Movement Practitioner in posture and structural integrity. He also specialises in Craniosacral Therapy and finding the greatest ease in relaxation as well as movement.

