Patients attending Royal Prince Alfred Hospital (RPAH) will be approached by the study coordinator and invited to participate in the study.

Interested patients from RPAH or those who have seen advertisements will provide their details to be contacted by the experimenter.

**Pre-Trial Phone Interview**
(Medical history, family history and demographics)

**Time 1: Third trimester**
Participants complete baseline questionnaires & provide informed consent

Selected participants wear an actiwatch for 5–7 days (n = 100)

**RANDOMISED CONTROLLED TRIAL**

**Randomisation**

**Control Group**
Participants receive booklets about relaxation and sleep in the mail

**Psychoeducation Intervention**
Participants attend 2 x 1.5hr sleep psychoeducation workshops

Babies born

**Time 2: 3 weeks postnatal**
Post-Trial Phone Interview

**Time 3: 6 weeks postnatal**
Post-Trial Phone Interview (2), Questionnaires completed

**Time 4: 4 months postnatal**
Questionnaires completed

Selected participants wear an actiwatch for 5–7 days

**Time 5: 10 months postnatal**
Questionnaires completed