

The Importance of Sleep

Online information session for professionals who work with a child or young person who live in the Wokingham Borough

**Is the child experiencing sleep problems?
Would you like to find out more about sleep?**

Join us for **The Importance of Sleep**

Thursday 22nd June 2023

Time: 12.30 – 2pm

This will be delivered via Microsoft Teams so please download the app prior to the session.

To book or for more information, please contact us via:

Email – First@wokingham.gov.uk

Our training is delivered by practitioners trained by The Sleep Charity & Southampton University Hospital Sleep Disorder Service

This session will include:

- A brief overview of sleep cycles and the science of sleep
- The importance of sleep for health, learning and wellbeing
- How much sleep children and young people require
- Sleep routines, sleep cues, positive bedtimes & common sleep issues
- Information about our next informative and detailed Waking up to Healthy Sleep Course and our Sleep & Anxiety Workshop



Waking up to Healthy Sleep



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