

Adolescent Sleep Difficulties



Who is this workshop for?

- Adolescents who may be struggling to fall asleep or stay asleep
- Although this workshop is targeted at older children in secondary school, the content can also be applied to younger children in primary school

What will be covered?

- Why sleep is important
- Reasons we may have sleep difficulties
 - Signs of poor sleep
 - Sleep hygiene tips
- Creating a step-by-step plan to address worries



What are the outcomes?

- You will gain knowledge, advice & practical strategies to manage your sleep difficulties
- You will also be given a list of useful resources and websites

Dates

All workshops are via MS Teams



Tuesday 14th September 2021

6pm – 7.15pm

<https://www.eventbrite.co.uk/e/adolescent-sleep-difficulties-tickets-166517248573>



Tuesday 26th October 2021

3pm – 4.15pm

<https://www.eventbrite.co.uk/e/adolescent-sleep-difficulties-tickets-166611159463>



Wednesday 17th November 2021

6pm – 7.15pm

<https://www.eventbrite.co.uk/e/adolescent-sleep-difficulties-tickets-166611606801>