

# Bite Sized Learning – Sleep Better



## Overview

Come on this interactive session to understand why we need sleep, why sleep problems occur and how they can be addressed. Learn how to identify the causes of sleep problems, analyse any sleep problems and action plan to overcome them. Adopt a range of positive coping strategies to build resilience and improve mental health and well-being. If you or somebody you care about including friends and service users have difficulty falling asleep and/or remaining asleep, this could be the course for you.

## Who should come on the course?

All employees at all levels of the organisation plus tenants, volunteers and students.

## Learning Outcomes

### By the end of this session you will be able to:

- Define how much sleep we need and the different sorts of sleep
- Define chemicals and processes which effect sleep
- List causes of sleep problems
- Analyse own sleep problems
- Plan to improve sleep and overcome any sleep problems
- Adopt good sleep habits and look after your mental health and well-being

## Booking Information

- **Organisations** - Training can be at your venue on dates to suit you for up to 15 delegates. Please contact us for further information.

HearFirst is an independent award winning training provider.

Passionate about Equality and Diversity, Specialist in Disability Related Training

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