

Sleep Awareness Workshop

Sleep affects every function of the body, including important cognitive functions essential for work, such as concentration, mood and memory. Sleep is crucial in helping our bodies recover from the day, however, statistics suggest that adult's do not get enough sleep with 1 in 5 UK adults not getting enough sleep each night¹. Therefore, it is no surprise that most workplaces report having poor rates of mental and physical health amongst their employees.

With our sleep awareness workshop, we will discover some of the key processes of sleep, understand the need for sleep and how sleep can affect our physical and mental health and wellbeing. We'll also uncover sleep hygiene and discover ways that you can make positive changes to support a good night's sleep.

Good sleep is a key pillar of health but is often overlooked in favor of diet and exercise. Throughout this workshop we will reframe ideas about sleep, discover its importance and understand how sleep should be a priority in our lives, reflecting on our own sleep patterns, attitudes and sleep quality.

Open Access Dates

This course is available to book individual places on the following dates:

Next course dates to be announced

About

Length: 90 minutes (delivered in-person)

Number of learners: Max 16

Price: £30 per person

Organisation Price (minimum of 8, maximum of 16 learners): £200.00

In person (face-to-face) training includes course materials and resources for you to take away with you.

¹ [Sleep and mental health - Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org/)