

Free Training Opportunity

- ✓ Do you work with children, young people and families who report sleep difficulties impacting on their life?
- ✓ Do you work in voluntary sector, social work, education or health?

Book your FREE training with Sleep Action today via links below:

Course participants will learn about the physiology of sleep and behavioural approaches that they can then use to help and support families to establish and maintain a good night time routine.

Day 1: 9.30am to 1pm*	Day 2: 9.30am to 1pm*	Registration link
Thursday 9th January 2025	Thursday 16th January 2025	Course 13
Thursday 23rd January 2025	Thursday 30th January 2025	Course 14
Tuesday 18th February 2025	Tuesday 25th February 2025	Course 15
Tuesday 4th March 2025	Tuesday 11th March 2025	Course 16
Tuesday 18th March 2025	Tuesday 25th March 2025	Course 17
Wednesday 2nd April 2025	Wednesday 9th April 2025	Course 18
Monday 7th April 2025	Monday 14th April 2025	Course 19
Wednesday 30th April 2025	Wednesday 7th May 2025	Course 20
Thursday 8th May 2025	Thursday 15th May 2025	Course 21

If courses are full please add your name to the waiting list [here](#)

Participants need to commit to attend **both sessions** to complete the course

After booking please direct all enquiries to training@sleepaction.org



Become a Sleep Advisor with Sleep Action, formerly Sleep Scotland, the UK's oldest sleep charity & leading provider of sleep support, training & resources.

sleepaction.org

Sleep is the foundation to health, wellbeing, learning and performance

20-30% of children experience behavioural insomnia**

**Journal for Sleep Medicine, 2022