

SLEEP

Are you having difficulties with your sleep?
Maybe wishing you were waking up feeling more refreshed?
Are your shift patterns wreaking havoc on your sleep pattern?
Are you feeling stressed and struggling with how to navigate it?
Or maybe you're feeling fine and sleeping like a baby but want to pick up
some helpful tips for a loved one?

Humber, Coast and Vale Health and Care Partnership have partnered with
The Sleep School to bring you some fantastic sleep focused webinars that
have something for everybody.

Please click links below for more information



[Sleep and Circadian Essentials Programme](#)

Includes Prioritising Sleep,
Winding Down for Sleep, Falling
Asleep Quickly and Waking up
Refreshed



[Psychological Flexibility Series](#)

How to move towards who and
what matters in our daily life in
order to effectively navigate
stress



[Sleep Essentials for Women](#)

Sleep and women's health
including how to sleep better
during menstruation,
pregnancy and menopause



shutterstock.com - 491585609

[Sleep Essentials for Men](#)

Including sleep and it's
importance for Men's health
and common sleep disorders
such as snoring, sleep apnoea
and insomnia



[Sleep Essentials for Shift Work](#)

Including how to reduce the
impact of shift work on sleep
quality and managing daytime
fatigue