

Sleep Awareness and Information Workshop

Sleep Matters is a training service aiming to inform and equip front line staff about sleep issues, especially, though not exclusively, for people living with dementia and their carers.

In gaining an understanding of the importance and relevance of sleep to normal every day functioning, caring professionals will be in a position to offer helpful hints and tips to people whose lives are impacted by sleep deprivation.



The topics covered in this workshop include looking at the science of sleep; the impact of sleep deprivation; the characteristics of sleep problems for people with dementia and strategies and therapies to aid sleep.

The Sleep Awareness and Information Workshop is a short session (approximately 2 hours), to provide you with some basic information on a variety of sleep issues and how to deal with them.

The cost is £30 for a session of up to 10 people, which includes a workbook for each delegate.

To book a session at your place of work please contact Jacqui on the email address or phone number below.

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