**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**\*

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[Sleep and Circadian Essentials Programme
Includes Prioritising Sleep, Winding Down for Sleep, Falling Asleep Quickly and Waking up Refreshed

](https://bookwhen.com/hcv#focus=ev-sthz-20220127120000)[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
](https://bookwhen.com/hcv#focus=ev-ssu0-20220426120000)[Sleep Essentials for Shift Work
Including how to reduce the impact of shift work on sleep quality and managing daytime fatigue
](https://bookwhen.com/hcv#focus=ev-sz0o-20220510120000)[Psychological Flexibility Series
How to move towards who and what matters in our daily life in order to effectively navigate stress
](https://bookwhen.com/hcv#focus=ev-shnf-20220303120000)[Sleep Essentials for Women
Sleep and women’s health including how to sleep better during menstruation, pregnancy and menopause
](https://bookwhen.com/hcv#focus=ev-s5vp-20220405120000)

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