

SLEEP HYGIENE

For children & young people

Date: Thursday 25th September

Time: 6 pm - 7 pm

Location: online via MS Teams

Open to: young people, parents & carers

MS Teams

Meeting ID: 311 438
220 989 8

Passcode: LT3Tk9NK

- To understand why sleep is important
- To understand what might stop us from sleeping
- To come away with some strategies that can improve sleep

