

FREE FOUNDATION SLEEP WORKSHOP

Available for parents/carers and
professionals in North Yorkshire



The Sleep Charity has been commissioned by Humber and North Yorkshire Integrated Care Board to provide its online Foundation Sleep Workshop for families and professionals in the North Yorkshire area.

This workshop covers the basics of:

- The importance of Sleep
- Sleep Physiology
- Causes of sleep issues in children and young people
- Practical suggestions for parents

“ Having support from the sleep clinic has changed our lives. We were all so tired and thought we'd tried everything, thank you for giving us the gift of a good night's sleep. ”
- Parent

For more information, please contact **Helen Rutherford** on helen@thesleepcharity.org.uk or call **07568 052300**

thesleepcharity.org.uk

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