

# Sleep Matters

**Online information session for parents who have a child or young person with a disability who live in the Wokingham borough**

**\*Please note parents with a child or young person who does not have additional needs may attend this workshop if capacity allows**

**Is your child experiencing sleep problems?  
Would you like to find out more about sleep?**

Join us for **Sleep Matters**

**Wednesday 5<sup>th</sup> January 2022**

**Time: 10 - 11.30am**

**This will be delivered via Microsoft Teams so please download the app prior to the session.**

To book or for more information, please contact us via:

**Email – [First@wokingham.gov.uk](mailto:First@wokingham.gov.uk)**

Our training is delivered by practitioners trained by The Sleep Charity & Southampton University Hospital Sleep Disorder Service

This session will include:

- A brief overview of sleep cycles and the science of sleep
- The importance of sleep for health, learning and wellbeing
- How much sleep your children require
- Sleep routines / sleep cues / positive bedtimes & common sleep issues
- Information about our next informative and detailed Waking up to Healthy Sleep Course



Sleep Matters



**WOKINGHAM  
BOROUGH COUNCIL**