

# Understanding Adult Sleep

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PART 1

UNDERSTANDING  
ADULT SLEEP



# 40%

**of the adult population suffer with sleep issues impacting on mood, behaviour, ability to concentrate and productivity.**

**In the module, Professor Jason Ellis provides an introduction to understanding adult sleep, ideal for professionals wanting to expand their knowledge around sleep in adults, and use it to help other areas of their work e.g. supporting adults with autism/ADHD, mental health issues etc.**

Materials are delivered entirely online through our online training hub. You will need to allow approximately one hour to complete the training. A downloadable workbook is provided as well as mini resource toolkit to take away.



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## The module covers

- What is sleep and what is normal sleep
- Sleep physiology
- How much sleep do adults need
- How do we measure sleep
- Importance of a sleep diary

**The Sleep Charity also gives an overview on the causes of sleep issues and identifies practical strategies that adults can try.**

## COURSE COSTS

Course licences: **£40/licence**

**Buy all five modules for £160**  
(saving £40)

This course is part of a 5 part series covering adult sleep, insomnia, sleep and menopause, sleep and ageing and sleep and mental health.

**To book your place or for more information on our courses, please contact us on [training@thesleepcharity.org.uk](mailto:training@thesleepcharity.org.uk) or visit [thesleepcharity.org.uk](https://thesleepcharity.org.uk)**



# Understanding Adult Sleep

## PART 1 - UNDERSTANDING ADULT SLEEP



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