ONLINE TRAINING

Adult Sleep Training

WITH PROFESSOR
JASON ELLIS

the sleep charity®

40%

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

A mini-series of adult sleep training created by sleep expert, Professor Jason Ellis, professor of sleep science at Northumbria University and director of the Northumbria Centre for Sleep Research.

COSTS

Licences: **£45/licence**

Buy all eight modules for £280 (saving £80)

To book your place or for more information on our courses, please contact us on **training@thesleepcharity.org.uk** or visit **thesleepcharity.org.uk**

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WHAT'S AVAILABLE

1. **Understanding Adult Sleep**
An introduction to understanding adult sleep, ideal for those wanting to expand their knowledge around sleep in adults and use it to help other areas of their work.

2. **What is Insomnia?**
How it develops, the importance of a diagnosis, some of the consequences associated with insomnia and how we treat it with Cognitive Behavioural Therapy for Insomnia (CBTi).

3. **Managing Sleep Through the Menopause**
An exploration into why menopause can be a key trigger of insomnia because of the physiological and psychological changes women experience when going through the menopause.

4. **Sleep and Mental Health**
Examining the close relationship between sleep and mental health, some of the sleep problems associated with mental health problems and how treatment can improve both issues.

5. **Sleep and Ageing**
Tackling the misconception that sleep needs decline with age by looking at why sleep becomes more vulnerable as we age and some of the typical issues that older adults experience.

6. **Impact of Shift Work on Sleep**
Exploring the challenges shift work creates on sleep, as well as the impact on health problems and how it can be managed through food, light and exercise.

7. **Stress and Sleep**
How it can impact on sleep, in the short term and long term, how managing stress can impact on sleep and prevent insomnia and how managing sleep can affect stress levels.

8. **Sleep Disorders**
Looking into the difference between sleep problems and sleep disorders and an introduction into some of the more common sleep disorders such as obstructive sleep apnoea, restless legs syndrome and narcolepsy.

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