Understanding Adult Sleep

PART 3

MANAGING SLEEP THROUGH THE MENOPAUSE

the sleep charity®

Many people will experience bouts of insomnia from time to time, but menopause-related insomnia can stretch on for weeks and months if not properly treated.

Professor Jason Ellis explores why menopause can be a key trigger of insomnia because of some of the physiological and psychological changes women experience when going through the menopause.

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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Understanding Adult Sleep

The module covers

- Sex differences in sleep
- Sleep in menopause
- Managing sleep during the menopause
- Sleep hygiene

COURSE COSTS

Course licences: **£45/licence**

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

This course is part of an 8 part series covering adult sleep, insomnia, sleep and menopause, sleep and ageing, sleep and mental health, impact of shift work, stress and sleep and sleep disorders.

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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