Understanding Adult Sleep

PART 4

SLEEP AND MENTAL HEALTH

the sleep charity®

4 in 5

long term poor sleepers suffer from low mood and are seven times more likely to feel helpless and five times more likely to feel alone.

In this module, Professor Jason Ellis looks at the relationship between sleep and mental health, some of the sleep problems associated with mental health problems and how treatment can improve both

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.

PART 4 - SLEEP AND MENTAL HEALTH

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The module covers

- Sleep and general mood
- Sleep problems in mood disorders
- Cause or consequence
- Treatment of mental health and sleep problems

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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