

Understanding Adult Sleep

PART 7

STRESS AND SLEEP



Understanding Adult Sleep

The module covers

- What is stress?
- Preventing sleep problems
- Managing the impact
- Self-restriction

COURSE COSTS

Course licences: **£40/licence**

Buy all eight modules for £240
(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.



In times of stress, you may under or over-eat, lose interest in activities, feel agitated and struggle to concentrate. You may also experience problems sleeping – with difficulties falling asleep and staying asleep. Stress causes hyperarousal which can upset the balance between sleep and wakefulness.

In this module, Professor Jason Ellis talks through how we react to stress, what happens to our sleep when we get stressed and some strategies that can help.

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.



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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THESLEEPCHARITY.ORG.UK



@THESLEEPCHARITY

info@thesleepcharity.org.uk | +44 (0) 1302 751 416

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