

# Understanding Adult Sleep

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PART 8

SLEEP DISORDERS



# Understanding Adult Sleep

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## The module covers

- The difference between sleep problems and sleep disorders
- Sleep disorders – DIMS or DOES
- Common sleep disorders – what they are and what to look for

**A sleep disorder refers to conditions that affect sleep quality, timing, or duration and impact a person's ability to properly function while they are awake. These disorders can contribute to other medical problems, and some may also be symptoms for underlying mental health issues.**

**Professor Jason Ellis introduces the more common sleep disorders, what they are and what are the main symptoms to look for.**

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.



## 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.

**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://www.thesleepcharity.org.uk)**



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