



Sleep Scotland provides a range of high quality, dynamic training courses to enable professionals from Education, Health, Social Work or the Voluntary Sector to develop their understanding of sleep processes and the problems which can be encountered by children and young people, particularly those with additional support needs. With research showing the direct link between poor sleep and mental health problems, our training courses are tackling a hidden cause of our child and adolescent mental health crisis.

◆ **Sound Sleep for Nursery & Primary Schools**

For school nurses, classroom assistants, ASN workers, teachers and other professionals supporting children in nurseries and schools. Did you know that four-year-olds with sleep difficulties have an increased risk of developing mental health problems as early as six? Participants will learn about childhood sleep, physiology, sleep disorders and sleep hygiene. They will also receive curriculum-linked materials (for assemblies, classes and group work) for nursery to P7.

◆ **Sound Sleep for Secondary**

For teachers, social workers, youth workers and other health professionals who work with teenagers. The risk of self-harming has been found to be four times higher among the 16-19 year olds with insomnia. Participants will learn about adolescent sleep physiology, sleep disorders and sleep hygiene. Participants will also learn how to become a sleep ambassador: planning, implementing and monitoring sleep awareness in schools. All delegates will receive curriculum-linked materials for S1-S6.

◆ **Sleep Awareness Training**

For professionals working with mainstream children and those whose sleep problems are due to poor sleep hygiene. Participants will gain a comprehensive knowledge of sleep hygiene and sleep processes and learn how to apply those principles to children and young people's sleep problems.

◆ **Sleep Counsellor Training**

For professionals who want an in-depth training course which will enable them to identify and address complex sleep problems and establish effective sleep routines. Participants will gain the tools and knowledge to work with children and young people with a range of complex sleep issues and their interplay with other additional needs.

◆ **Commissions**

If you have 12 or more colleagues in your school/organisation/cluster/authority then a commissioned course may be the best option for you.

Please contact Karen Jenkinson 0131 258 1258 or Karen.Jenkinson@sleepscotland.org to discuss.

"Each day was really interesting and stimulating."

"Really enjoyed the course – its given me confidence to do my job. Information was clear and concise and kept me interested all day."

SLEEP SCOTLAND TRAINING DATES



"Interesting, informative and realistic! Practical and uncomplicated delivery was great."

"Very inspiring"

"Excellent presenters. Really good day. Could have listened to the presenters all day long. Very interesting and approachable."

"Amazing content today as always."

"It was very informative. I enjoyed learning from someone so knowledgeable."

SOUND SLEEP: £195 (incl VAT)

18th June 2019	Sound Sleep for Schools Applications can be made at: www.surveymonkey.co.uk/r/1906SSDUND	Dundee
29th August 2019	Sound Sleep for Primary Applications can be made at: www.surveymonkey.co.uk/r/1908SSPEDIN	Edinburgh
5th September 2019	Sound Sleep Secondary Applications can be made at: www.surveymonkey.co.uk/r/1909SSHGLAS	Glasgow

SLEEP AWARENESS: £250 (incl VAT)

November 2019 <i>Date TBC</i>	Applications can be made at: www.surveymonkey.co.uk/r/1906SAGLAS	Edinburgh
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SLEEP COUNSELLING: Scottish Delegates £790 (incl VAT) Non Scottish Delegates £990 (incl VAT)

October 2019 <i>Dates TBC</i>	Applications can be made at: www.surveymonkey.co.uk/r/1910SCGLAS	Glasgow
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Please check on our website or register your interest at training@sleepscotland.org

Supporting families of children and young people with additional support needs and sleep problems since 1998