

# Sleep Matters

Face to face information session for parents who have a child or young person with a disability who live in the Wokingham Borough

\*Please note parents with a child or young person who does not have a disability may attend this workshop if capacity allows

Is your child experiencing sleep problems?  
Would you like to find out more about sleep?

Join us for **Sleep Matters**

**Thursday 21<sup>st</sup> September**

**Time: 10am – 11.30am**

**At: Ambleside Centre**

**Woodley  
RG5 4JJ**

To book or for more information, please contact us via:

**Email – [First@wokingham.gov.uk](mailto:First@wokingham.gov.uk)**

Our training is delivered by practitioners trained by The Sleep Charity & Southampton University Hospital Sleep Disorder Service

This session will include:

- A brief overview of sleep cycles and the science of sleep
- The importance of sleep for health, learning and wellbeing
- How much sleep your children require
- Sleep routines / sleep cues / positive bedtimes & common sleep issues
- Information about our next informative and detailed Waking up to Healthy Sleep Course



Sleep Matters



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