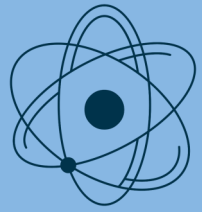


# Parent Sleep workshop



We are inviting all parents to attend a sleep work shop at Quorn Hall school, this will provide parents with some useful information to tackle sleep issues:

- Learn about sleep processes
- Find out the implications of sleep deprivation on functioning
- Current medications/treatments
- Behaviours and environmental interventions to help with sleep
- Strategies to addressing thoughts preventing sleep

**21st of March—10:00 - 11:30**

**At Quorn Hall School**

