

ST HELENS SLEEP CAMPAIGN

Funded training for Sleep Champions in St Helens Secondary Schools

The Sleep Charity provides a service to support young people's sleep across St Helens.

Many young people are affected by sleep issues and the pandemic has increased sleep difficulties significantly.

Research shows that sleep patterns alter during puberty meaning youngsters often don't fall asleep until much later at night. This can result in difficulties waking in the morning and sleep deprivation impacting on their education.

Sleep Champions have 10 funded places available.

This course outlines the reasons for the sleep issues, practical strategies to support youngsters to improve their sleep and useful resources to start conversations with young people, information that can be shared with them and parents/carers and a downloadable assembly presentation.

Schools interested in improving attendance, attainment and supporting improved mental health will benefit from having a Sleep Champion amongst their team.

Learning takes place on our e-learning platform and **must be completed by Thursday 26th October at 10am.**

The modules covered include:

- An introduction to The Sleep Charity
- The Importance of Sleep
- Sleep Physiology
- Causes of Sleep Issues
- Identifying Causes of Sleep Issues
- Good Sleep Practice
- Useful resources

You will then be invited to attend a live session on **Thursday 26th October at 10am** out of school hours, where you can ask questions about your learning and where you will receive a toolkit of information to share.

If you have any questions about the training, please email info@thesleepcharity.org.uk

How to Apply

- Applications are invited by completing the form: <https://thesleepcharity.typeform.com/to/F3vzD0PG>
- Schools can apply for multiple places, however priority will be given to ensure that all schools are able to access a place before providing additional places
- The closing date for this is Friday 26th September 2023

By contacting us with these details, you are agreeing for us to forward this information to The Sleep Charity

thesleepcharity.org.uk

