

North Yorkshire Sleep Campaign

Funded training for Sleep Champions in North Yorkshire Secondary Schools

The Sleep Charity provides a service to support young people's sleep across North Yorkshire.

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.

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 can be done at your own convenience between **1st November and 31st November**.

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

There will be a live zoom session on **6th December 1.30pm until 2.30pm** which you are required to attend. Here you can ask questions about the learning and receive a toolkit of information.

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/BXujpBfs>
- 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
- Closing date is **Friday 15th October 2021**
- Successful applicants will be informed on **Monday 18th October 2021**

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

thesleepcharity.org.uk

   @thesleepcharity