

Sleep Awareness

This session looks at why sleep is important, the stages of sleep, barriers to and benefits of a good night's sleep, the relationship between sleep and diet, how sleep affects our health, sleep hygiene and routine.

This training provides candidates:



The knowledge and understanding to support themselves in improving their own sleep but also how to support others in improving their sleeping habits to aid a better quality of life.



It provides knowledge of the relation between sleep and health and how both systems need to work together to have a good quality of life.

Training Date:

Tuesday 4th June

Widnes Library

Victoria Square, WA8 7QY

9:30am-11:30am

Training has a cost of £50pp to attend.

Please contact HITworkplacehealth@halton.gov.uk further information or follow [Health Improvement Team Training – Halton Organisations | HBC forms](#) to book a place.