

# FOUNDATION SLEEP WORKSHOP

Available for parents/carers and  
professionals in Doncaster



The Sleep Charity has been commissioned to provide its online Foundation Sleep Workshop for families and professionals in the Doncaster area.

**This workshop covers the basics of:**

- The importance of sleep
- Sleep physiology
- Causes of sleep issues in children and young people
- Practical suggestions for parents

“ Having support from the sleep clinic has changed our lives. We were all so tired and thought we'd tried everything, thank you for giving us the gift of a good night's sleep. ”

- Parent

To book a place on the workshop or to find out more please contact **Stacey** at [stacey@thesleepcharity.org.uk](mailto:stacey@thesleepcharity.org.uk) with your **name, email address** and **area that you live in.**

[thesleepcharity.org.uk](https://thesleepcharity.org.uk)

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