

# The Importance of Sleep

## Workshop for secondary school aged children to tackle sleep troubles

Sleep difficulties are very common, especially in those who may have difficulties with anxiety or low mood.

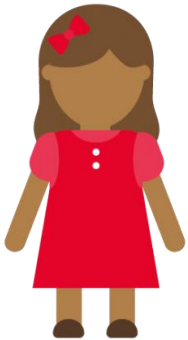
**“I cannot relax”**

**“I am not tired”**

**“I can't stay asleep”**

**“I cannot seem to stop worrying and it is affecting my sleep”**

**Up to 25% of school aged children have difficulties with sleep**



The Essex Child and Family Wellbeing service are offering a free virtual workshop for 11-18 year olds.

The workshop will cover

- \* Why do we sleep? How much sleep do I need?
- \* The benefits of sleep and the effects of poor sleep
  - \* How to get a good nights sleep
- \* Managing difficulties getting to sleep and worries before bedtime.

**Workshops take place every 2<sup>nd</sup> Wednesday of the month  
4-5.30pm**



To book your free space on one of the early support workshops **Call us on**

**South Essex 0300 247 0013**

**Mid Essex 0300 247 0014**

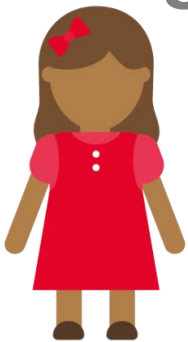
**North East Essex 0300 247 0015**

**West Essex 0300 247 0122**

Services commissioned by:

# The Importance of Sleep

Workshop for parents/carers' of primary school aged children to tackle sleep troubles



Sleep difficulties are very common

“ They cannot relax”

“ They say they are not tired”

“They wake in the night”

“They seem to worry excessively at bedtime and I don't know how to help them”

Up to 25% of school aged children have difficulties with sleep

The Essex Child and Family Wellbeing service are offering a free virtual workshop for parents/carers of 5-11 year olds.

The workshop will cover

- \* Why sleep is important & how much do we need
- \* What is good sleep
- \* Understand possible causes of settling to sleep & night waking issues
- \* strategies to overcome sleep difficulties

Workshops take place every first Friday of the month

10am-12md

To book your free space on one of the early support workshops **Call us on**

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