

# Free Training Opportunity

✓ Do you work with children, young people and families who report sleep difficulties impacting on their life?

✓ Do you work in voluntary sector, social work, education or health?

**Book your FREE training with Sleep Action today via links below:**

Course participants will learn about the physiology of sleep and behavioural approaches that they can then use to help and support families to establish and maintain a good night time routine.

If courses are full please add your name to the waiting list [here](#)

Day 1: 9.30am to 1pm*	Day 2: 9.30am to 1pm*	Registration link
Tuesday 13th May 2025	Tuesday 20th May 2025	<a href="#">Course 22</a>
Monday 19th May 2025	Monday 26th May 2025	<a href="#">Course 23</a>
Thursday 22nd May 2025	Thursday 29th May 2025	<a href="#">Course 24</a>
Tuesday 3rd June 2025	Tuesday 10th June 2025	<a href="#">Course 25</a>
Wednesday 11th June 2025	Wednesday 18th June 2025	<a href="#">Course 26</a>
Thursday 19th June 2025	Thursday 26th June 2025	<a href="#">Course 27</a>
Tuesday 1st July 2025	Tuesday 8th July 2025	<a href="#">Course 28</a>
Wednesday 9th July 2025	Wednesday 16th July 2025	<a href="#">Course 29</a>
Thursday 17th July 2025	Thursday 24th July 2025	<a href="#">Course 30</a>
Tuesday 22 <sup>nd</sup> July 2025	Tuesday 29 <sup>th</sup> July 2025	<a href="#">Course 31</a>
Wednesday 20 <sup>th</sup> August 2025	Wednesday 27 <sup>th</sup> August 2025	<a href="#">Course 32</a>
Tuesday 23 <sup>rd</sup> September 2025	Wednesday 24 <sup>th</sup> September 2025	<a href="#">Course 33</a>

\*Staff who do not attend more than 95% of the specified course duration will not be issued a certificate by Sleep Action.

After booking please direct all enquiries to: [training@sleepaction.org](mailto:training@sleepaction.org)



**Become a Sleep Advisor with Sleep Action**, formerly Sleep Scotland, the UK's oldest sleep charity & leading provider of sleep support, training & resources.

[sleepaction.org](https://sleepaction.org)

Sleep is the foundation to health, wellbeing, learning and performance

20-30% of children experience behavioural insomnia\*\*

\*\*Journal for Sleep Medicine, 2022