



# Do you want to get more sleep?

Did you know the average person spends a third of their life asleep? But do you? Come along to our sleep clinic and find out more about sleep and **UNDERSTANDING AND SUPPORTING CHILDREN'S SLEEP**

Why Sleep is essential?  
Sleep Disturbance  
Sleep-wake cycles  
Stages of sleep  
Sleeping problems/settling  
How can I get some help?

**TUESDAY, 27<sup>TH</sup> MARCH 2018 - 10am-12 noon**

(Please note this is a similar session to the one which ran in Summer 2017)

We have slightly altered our timings for this session to make it accessible for different parents

Tea, Coffee and Biscuits provided, but no beds!

To help us with catering for this event, please reserve your space by phoning the office on 0208359 5450 or emailing us at [Office@Northway.barnet.sch.uk](mailto:Office@Northway.barnet.sch.uk)

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