

# SLEEP HYGIENE

The Third Wave Psychologist is very pleased to host a 4-session online workshop dedicated to enhancing refreshing sleep. Facilitated by a clinical psychologist, the workshop addresses common barriers to a refreshing nights sleep and explores helpful sleep hygiene strategies.

Topics include:

**Barriers to sleep**

**Strategies to enhance sleep**

**Relaxation strategies**

*What to Expect?*

The workshops are run as an online educational class, with teaching & skills building components. There is no pressure for attendees to speak or share their personal thoughts, feelings or experiences, however they are welcome to do so should they feel comfortable.

## COURSE DETAILS

The workshop is run online regularly throughout the year

The duration of the workshop is 2 hours, once a week, for 4 weeks

**Workshop Fee: £160**

For more information or to register your interest in attending the next online course please email your name & contact details to:

[thirdwavepsychologist@outlook.com](mailto:thirdwavepsychologist@outlook.com)



[www.thirdwavepsychologist.co.uk/wellbeing-workshops](http://www.thirdwavepsychologist.co.uk/wellbeing-workshops)