

# LINK PSYCHOLOGY

## CO-OPERATIVE

### “Too tired to think!” - Sleep problems and learning

Aimed at developing practitioner understanding around the impacts of sleep on behaviour and learning. How do sleep problems influence day to day functioning in cognitive, well-being and social areas? What particular sleep problems arise across the lifespan and with different groups of children? How can we alleviate some of the difficulties posed by excessive tiredness in the classroom? Incorporating the latest research and practice in this area, the session will involve information-giving, interactive activities and draw on your experiences, as both practitioners and as “people”, to develop your knowledge in this area.

- **Half day training**
- **Suitable for: Primary/Secondary. Mainstream and Special school. Teaching and SEN-based staff**

**Max. 30 staff. Workshop-style.**

**Want to find out about this course for your school or a group of settings?**

**Contact: Debbie Shannon at [contact@link.coop](mailto:contact@link.coop) or phone 0784 7923424.**



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