



# Online Sleep Workshop

**Thursday 29<sup>th</sup> January  
4pm-5pm**

This webinar is aimed at parents or young people needing support and advice

The webinar will focus on:

- Understanding the importance of a good nights sleep
- Advice on how to create positive sleeping habits
- Strategies to help you have a better nights sleep

## Joining Information

To join our sleep workshop please scan the QR code and follow the instructions to join using Microsoft Teams. You can also join using the following details:



Meeting ID: 384 531 108 582 43  
Passcode: 6Gy6jJ3f

If you have any issues logging on or any questions prior to the workshop please contact

[tewv.wimtwsa@nhs.net](mailto:tewv.wimtwsa@nhs.net)