

SLEEP AND WELLBEING (ONLINE DELIVERY)

01. Who is this course for?

The close connection between getting a good nights sleep and our physical and mental health are becoming ever clearer through research. On this course you will discover the links between sleep and wellbeing, recognise healthy sleep habits and consider actions that may support improved sleep.

04. What will I need to bring?

For online sessions you will need a computer, laptop or tablet at home. You will need speakers so that you can hear what the Tutor is saying. You might find it easier to have a headset/headphones to help you listen and speak if you wish but this is not essential. You may also be able to use a mobile phone to take part in the session but you may not be able to join in with some of the interactive activities. You will not need a webcam to take part in this session. You will be sent an electronic invite to join the online session, this will be sent a few days before the session date with further instructions.

08. How will I be supported in my learning?

We offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice. Once you start the course, if you have further queries and/or support needs, please talk to the Tutor.