



# The Sleep Programme

**Does your teenager suffer from sleep problems?**

**Do you want to access support to help to improve their bedtime routine?**

**Blackberry Park School Age team are interested in running The Sleep Programme for teenagers.**

**This is a 5 week programme for your teenagers**

**If you are interested in hearing more about this and would like to attend a workshop to help understand what the sleep programme covers and how to identify if your teenager has sleep problems then please call:**

**Kim or Dee on 061-498733**

**This parent workshop will be held on the 25<sup>th</sup> March at 9:30 am for one hour. If following attending this workshop, you feel that your teenager would attend the full sleep programme this can be discussed.**

**Please contact us if you will attend the parent workshop. Places are allocated on a first come first served basis**

**Our workshops include:**

**Understanding sleep cycles**

**Common sleep issues and strategies to manage these**

**Establishing appropriate routines**

**Environments**