

Boosting the Benefits of Sleep

How to get a good night's sleep every night (course reference: BBS)

Struggling to sleep well? This practical course explains how sleep works and **how to improve it**. Discover simple ways to **fall asleep more easily**, **sleep through the night** and **wake feeling refreshed**:

😴 **Better sleep** 🧠 **Calmer mind** ⚡ **More daytime energy**

What the course covers and what it will help you to do

Topics	More detail
😞 How to tackle insomnia & other sleep problems	a) How we can stop depriving ourselves of sleep b) Practical tips to cope better with worry and stress c) How to find a 'good life balance ' to help our sleep d) Motivating ourselves: turning learning into action e) Some self-help measures to help with medical issues that can disturb sleep
🛏 What are good sleep ' hygiene ' and sleep strategies	a) Creating a sleep-friendly bedroom b) Bedtime routines to help wind down before bed c) Understanding & using our body clocks (larks, owls) d) How naps can help, or harm, night sleep e) Practical tips for fixing broken or restless sleep
🍽️ What (& when) to eat/drink to help sleep	a) When to stop caffeine during the day b) Why alcohol can make sleep worse later in the night c) What foods may help us prepare for sleep d) When to eat an evening meal for better sleep e) Herbal drinks and other natural options
💓 How insufficient sleep impacts us	a) How sleep helps us learn & remember b) How sleep supports our health c) The link between sleep & weight control d) Why tired driving is dangerous e) Why we are poor at noticing we're sleep-deprived f) What sleep debt means & whether we can repay it g) Why we need at least 7 hours sleep <i>every night</i>

📁 You will take away a workbook with all the key points and handouts to help you remember & refer to, including:

- your own 'sleep profile' questionnaire
- tips for coping with the cold/heat
- tips for coping with allergies, noise, disrupted routines, driving long distances & mental health issues
- guidance on massage, aromatherapy, acupuncture and using colours & sounds
- notes on techniques for mindful meditation, relaxation and breathwork
- guidance on sleeping positions, exercise for better rest and winding-down
- guidance on better sleep for older people

How the course is run

- This is an **in-person, interactive** course
- The style is **friendly, relaxed and informal**
- There will be **time to ask questions**
- **Duration**: from 1½ - 3 hours (as decided by the Hosts at each Delivery Centre)

Sources of course material

The course is based on research and ideas from Matthew Walker and Petra Hawker (see over for details).

The course material is based on two books:

- ***Why we sleep*** – Matthew Walker
- ***Sleep: Harness the power of sleep for optimal health and wellbeing*** – Petra Hawker.

Matthew Walker is Professor of Neuroscience & Psychology and Director of the Sleep and Neuroimaging Laboratory at the University of California, Berkeley, USA.

Petra Hawker leads the Sleep Psychotherapy service at The London Sleep Centre in Harley Street, London where she researches and explores the many issues surrounding sleep. She works with severely sleep-deprived patients resulting from trauma, stress, depression, anxiety and lifestyle issues.

For the handout *Coping with the cold/Coping with the heat* we have used material from the following websites: Sleepscore.com, Sleepsite.co.uk, wikihow.com, Sleepfoundation.org and BBC.co.uk.

All the course material has been subject to a thorough **Medical Review** by Dr Derrick Cutting B.Sc, MB, BS, MRCP, DRCOG, DCH, formerly a GP and Senior Partner in a practice in Addiscombe, Croydon.

Health Warning

This course cannot replace help from a doctor or health professional. While the information has been carefully researched, the hosts for this course are not experienced in providing, or qualified to provide, advice or help in addressing health issues & therefore do not hold themselves out to be health professionals.

If you are not feeling well, please speak to your doctor. The hosts for this course are not responsible for any problems that may happen if someone uses the ideas in the course.

If you have any health issues, ask your doctor before trying any of the activities. Don't try to diagnose or treat serious or long-term problems on your own. If you take medicine, check with your doctor before trying anything new.