FREE

Warwickshire Family & Relationship Support Team

Sleep for Teens

Is your teenager struggling to get enough sleep?

Join our Sleep for Teens 90-minute workshop and discover practical ways to support healthy sleep habits.

WHAT WE'LL EXPLORE

- How teenagers sleep needs differ
- Why sleep is crucial for your teen's development
- Common teen sleep challenges
- How sleep cycles work
- The role of sleep hormones
- Advice on sleep and screens!
- Creating teen friendly sleep routines

YOU'LL TAKE AWAY

- ☑ An understanding of what's really causing your teen's sleep difficulties
- ☑ An underdtanding of how teen development impacts their behaviour
- ☑ The link between poor sleep and mental health
- ☑ Exactly why sleep is so important for teenagers
- ☑ Practical strategies to help your teen sleep better

Wednesday 20th January 2027
1pm till 2.30pm

North Leamington School
Sandy Lane
Leamington Spa
CV32 6RD

To book your place email, Dina at North Leamington School - DMistry@northleamington.co.uk

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