Compass RECOVERY COLLEGE

Reading Borough Council
Working better with you

# A Good Night's Sleep: June 15 and 22

This two-session course looks at the factors that can adversely affect our sleep. You might be surprised how many there are.

A single sleepless night can make us irritable and moody the following day. It's not surprising therefore that chronic sleep problems may have an impact on our mental health wellbeing.

In this course we will look at:
- What happens when we sleep
- Pitfalls to avoid
- How to improve our sleep

2 Weekly Workshops
June 15 and 22
14:00- 15:00

Enrol with us, free to join

OFFICIAL

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