

A Good Night's Sleep: December 8 and 15

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:
December 8 and 15
16:00- 17:00
Central Library

Enrol with us, free to join



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