



ONLINE SLEEP CONFERENCE

Sleep Well, Lincolnshire

Friday 19th March 2021
10.00am – 3.30pm



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To celebrate World Sleep Day, The Sleep Charity is holding its first ever online sleep conference for parents and professionals in the Lincolnshire area.

Fire up your laptops and join us for a jam-packed day exploring how early intervention sleep support helps children, young people and their families.

Our programme covers:

- The importance of sleep hygiene
- Teen sleep
- How diet impacts on children and young people's sleep
- Dreams

Tickets available on eventbrite: to book your place [click here](#)

Alternatively, visit: <https://www.eventbrite.co.uk/e/sleep-well-lincolnshire-tickets-139652535493>

Our fantastic line up of speakers includes:

Dr Simon Durrant - Director of the Sleep Research Centre, University of Lincoln

Dr Caroline Horton - Reader in Psychology, Bishop Grosseteste University

Nathalie Winn - Nutritionist, Waitrose & Partners

Jessica Alexander - Executive Director, National Bed Federation

Kathy Christie - Wellies Nursery in Lincolnshire

Vicki Dawson, Lisa Artis & Claire Earley - The Sleep Charity



Thanks to funding from the Reaching Communities Lottery Community Fund, we launched our sleep service for families in Lincolnshire in 2020. Join us to find out more about our first year's work.

For more information visit www.thesleepcharity.org.uk



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