**Restorative Rest**

**Tuesday 9th August 2022**

**10.30am – 12.30pm, Fellwood Training Room, Wigton Hospital**

**& Tuesday 16th August 2022**

**10.30am – 12.30pm, Learning Suite, Wigton Hospital**

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**Is lack of sleep affecting your daily life? This two-part workshop looks at the following:**

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| * Why do we need sleep?
* How many hours of sleep do we need to function well?
 | * Problems and barriers to a good night’s rest
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| * What have you already tried?
 | * Keeping a Sleep diary
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| * Goal setting and strategies for change
 | * Mindfulness and relaxation techniques
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**To book please contact;**

Hazel Stewart : **07917 265 287**

Book your ticket

at: <https://www.eventbrite.co.uk/e/387399942657>

Or email : wellbeing@NCIC.nhs.uk