



Sleep Tight Workshop

Claire Hynes will be delivering the 5 week Sleep Tight Programme for parents/carers at Langley School. All 5 sessions will need to be attended in order to complete the course and receive a certificate. The Sleep Tight Programme is a behavioural approach to sleep, for more information please visit www.thesleepcharity.org.uk

All sessions will run between 9.30am -11.30am in Acorns.

Tuesday 28th February

Tuesday 7th March

Tuesday 14th March

Tuesday 21st March

Tuesday 28th March

If you would like to attend please return the slip below.

I _____ parent/carer of _____

would like to attend the 5 week Sleep Tight Programme

Signed: _____ Date: _____

(please return to Claire Hynes)