



SNUG AS A BUG

Encouraging good sleeping habits for the **WHOLE** family

Nothing looks more peaceful than a sleeping child. At the same time, for so many of us, nothing makes us more anxious than bedtime. Sleep and children often don't mix well. On top of that, adults often struggle to get enough sleep for their own reasons. This can lead to a perfect storm, making everybody feel exhausted, over-tired and irritable.

If you have children that struggle to fall asleep, often wake up at night and are early risers and if you yourself struggle to sleep, our next online session is the right place for you. During this session we will be looking at:

- ✓ How sleep works and how much sleep we need
- ✓ Some lifestyle factors and "big feelings" that can cause bed/night-time issues
- ✓ Practical tools to support a better night sleep for everybody.

When: Wednesday 1st February 2023 at 6pm

Duration: Approximately 60 minutes

ONLINE REGISTRATION

WWW.MOVE-MORE.ORG/EVENTS/SLEEPING-HABITS

Once you complete our short registration form, you will be registered for the online session. You will automatically receive an invitation for the zoom session. If you don't hear from us by the 31st January, don't hesitate to contact Marijana on marijana@move-more.org Please make sure you check your junk/spam folders.

We are looking forward to seeing you on the 1st February!