SUPER SLEEP  
Tuesday 23 June  |  10:30 – 11:30

*The session will be delivered by Sam Thorogood. He combines proven neuroscience & mindfulness based techniques into useful daily habits.*

This is a 50 minute webinar session covering four main aims:

- How sleep impacts our physical and mental wellbeing
- The four main causes behind poor sleep - summary of sleep studies - which one impacts you?
- One attention training (mini mindfulness) technique specially designed to help us unwind and prepare for deeper sleep
- Eight MED (Minimum Effective Dose) techniques proven to help you improve sleep a little (maybe a lot)

The session is followed by a 4 day Nudge Course. This is one technique per day to help attendees convert proven techniques into useful habits.

For 48 hours following either session staff will have the opportunity to contact Joy, a mental health nurse with over 40 years’ experience. Joy's role is to help staff 'feel listened to' (all conversations confidential) and signpost them onto a recognised next step (example; GP’s appointment, occupational health, support groups etc.). We will provide contact details on the day.

Joy and Sam have worked together for the last three years delivering a session they designed for Addenbrooke's hospital staff called Manage Mental Wellbeing. One of the things they have seen again and again is that often people who are struggling just need a little space to feel listened to and help taking a next step.

**Enhance focus, reduce stress and strengthen resilience. All techniques proven by science.**

On signing up you will receive a direct calendar invite from the host Sam (a few days prior) with a link to join the session.

*Please sign up for the Super Sleep session here*