



### **Sleep Scotland Sleep Awareness Training Course – sample programme**

<b>Day 1</b>	<b>Day 2</b>
<ul style="list-style-type: none"><li>• Introduction to Sleep Scotland</li><li>• What is sleep? Sleep patterns and processes</li><li>• An introduction to sleep disorders in children</li><li>• A behavioural approach to sleep</li></ul>	<ul style="list-style-type: none"><li>• Bedtime routines and behaviour management</li><li>• Interviewing parents</li><li>• Case studies</li></ul>