

# Beyond Google: Learning about sleep and how to improve yours



**Sleep difficulties and insomnia are some of the most common health concerns facing people in our modern lives. We know poor sleep can have a huge impact on our physical and mental wellbeing. A quick Google search can bring up thousands of ideas about how to get better quality sleep – so why do we struggle with this and what can we do?**

In this webinar, we will look beyond the information we can find on Google to hear a clinical psychologist's take on:

- What is “normal” sleep and how much do you need?
- The various factors that impacts our sleep in ourselves and the environment
- Understanding the sleep cycle: how you think about sleep impacts how well you can do it
- How to break the cycle of poor sleep – what you can do to maximise the quality of your sleep
- When do you need to look into specialised help?

This webinar is open to all NCL primary and social care staff.

**Time:** 2pm – 3pm

**Date:** Wednesday 20th November 2024

[Register for this session](#)