

# Understanding Adult Sleep

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PART 4

SLEEP AND  
MENTAL HEALTH

# 4 in 5

long term poor sleepers suffer from low mood and are seven times more likely to feel helpless and five times more likely to feel alone.

**In this module, Professor Jason Ellis looks at the relationship between sleep and mental health, some of the sleep problems associated with mental health problems and how treatment can improve both issues.**

Materials are delivered entirely online through our online training hub. You will need to allow approximately one hour to complete the training. A downloadable workbook is provided as well as mini resource toolkit to take away.



## PART 4 - SLEEP AND MENTAL HEALTH



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## The module covers

- Sleep and general mood
- Sleep problems in mood disorders
- Cause or consequence
- Treatment of mental health and sleep problems

## COURSE COSTS

Course licences: **£30/licence**

**Buy all five modules for £120**  
(saving £30)

This course is part of a 5 part series covering adult sleep, insomnia, sleep and menopause, sleep and ageing and sleep and mental health.

**To book your place or for more information on our courses, please contact us on [training@thesleepcharity.org.uk](mailto:training@thesleepcharity.org.uk) or visit [thesleepcharity.org.uk](https://thesleepcharity.org.uk)**



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