



ONLINE SLEEP CONFERENCE

Sleep Well, Lincolnshire

Friday 19th March 2021

10.00am – 3.30pm

PROGRAMME



Welcome to the Sleep Well Conference

Celebrating World Sleep Day, The Sleep Charity is holding its first ever online sleep conference for parents and professionals in the Lincolnshire area.

We have a host of fantastic panellists covering a huge range of topics and exploring how early intervention sleep support helps children, young people and their families.

Our programme covers:

- The importance of sleep hygiene
- Teen sleep
- How diet impacts on children and young people's sleep
- Dreams

10:00am – 10:05am

Welcome from The Sleep Charity

Vicki Dawson and Claire Earley, The Sleep Charity

10:10am – 10:40am

Keynote speaker

Dr Simon Durrant, Lincoln Uni

10:45am – 11:15am

Break

11:15am – 12:15pm

Exploring the behavioural approach to sleep and what's on offer in Lincolnshire

Vicki Dawson and Claire Earley, The Sleep Charity

12:20pm – 12:30pm

Sleep support for young people

Lisa Artis, The Sleep Charity

12:30pm – 1:15pm

Lunch

1:15pm – 1:35pm

Sleep in the early years

Kathy Christie and Victoria Stafford, Wellies Private Day Nursery

1:40pm – 2:00pm

How the bedroom environment plays an important part in sleep

Lisa Artis, The Sleep Charity followed by followed by Jessica Alexander, National Bed Federation

2:05pm – 2:35pm

The nature of dreaming and how it relates to sleep quantity and sleep quality

Dr Caroline Horton, Bishop Grosseteste University

2:35pm – 2:45pm

Break

2:45pm – 3:30pm

How diet impacts on children and young people's sleep

Nathalie Winn, Waitrose & Partners

3:30pm

Finishes

Keynote Speaker: Dr Simon Durrant

Simon Durrant is Director of Research in the School of Psychology at the University of Lincoln, Director of the Lincoln Sleep Research Centre (LiSReC) and Treasurer of the British Sleep Society. Trained as neuroscientist and psychologist, Dr Durrant holds a PhD from the University of Sheffield and a DPhil from the University of Sussex. He previously worked in the NaPS laboratory at the University of Manchester. Dr Durrant's sleep research has covered a broad variety of areas, but with a specialist focus on the effects of sleep and sleep disorders on the mind and brain.

“This talk will ask why we need to sleep, how much sleep do we get, how much sleep do we need and what happens when we don't get enough. The impact of the Covid-19 pandemic on sleep will be discussed and the talk will finish with an overview of the main causes of poor sleep and how we can help to improve it.”

Kathy Christie & Victoria Stafford

Kathy is the owner of the very successful Wellies Private Day Nursery in XXX. Victoria works alongside Kathy in managing and providing a setting that is child centred and has a reputation for being professional and highly qualified.

“An overview of the training and support received from The Sleep Charity and how it has helped shape Wellies' practice and sleep processes and empowered us to support parents with their own children and their relationship with sleep.”

Jessica Alexander

Jessica is the Executive Director of the National Bed Federation, the trade association for British bed manufacturers. With its sister arm bedadvice.co.uk its mission is to provide professional, unbiased and generic advice on everything you need to know about beds to navigate through your bed-buying journey.

“Always buy a good pair of shoes and a good bed because if you're not in one you're in the other. Or, to put it another way, it's worth investing in a quality mattress because it's used every day for many hours of the day and, if it's uncomfortable, it can have an adverse effect on your child's quality of life not only now but in the future.”

Dr Caroline Horton

Dr Caroline Horton is a Reader in Psychology: Cognition and Consciousness, and Director of the DrEAMSLab at Bishop Grosseteste University. Caroline has conducted numerous studies into sleep and dreaming and hosts The Sleep Science Pod (<https://shows.acast.com/sleep-science-pod>).

“The science of dreaming: This presentation provides an overview of the nature of dreaming and how it relates to sleep quantity and sleep quality. We'll consider factors that affect how much we can recall from a dream, the emotion-regulation functions of dreaming, typical dream themes, if and when to worry about nightmares, and what dreaming can tell us about our – and our children's – sleep health.”

Nathalie Winn

Nathalie has a BSc in Biomedical Sciences from the University of Southampton and MSc in Nutrition from King's College London. She's worked as a Nutritionist for Waitrose & Partners since 2011, where she has delivered a number of talks on nutrition and wellbeing for sleep to employees and customers. Nathalie is passionate about helping people to make healthier choices and enjoy a healthy diet and lifestyle.

“Practical advice on which foods and drinks to include in your diet which may help you sleep better. Learn more about how your lifestyle and routine impact the quality of your sleep and discover the vitamins and minerals in foods that could help you feel more energised in your daily life.”

The Sleep Charity Team - Vicki Dawson, Lisa Artis & Claire Earley

The Sleep Charity Team will be welcoming you to the conference and throughout the day talking to you about the success of its Teen Sleep Hub and Young Person's Journal, how the charity uses its successful behavioural approach to sleep in its one-to-one clinics as well as exploring how important a bedroom environment is.



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