

**BOOK NOW!**  
**FREE 6 week course for the over 55s**  
Call 0117 370 1875 or email [enquiries@ncim.org.uk](mailto:enquiries@ncim.org.uk)

## **SLEEP FOR WELLBEING - 55YRS +**

*Do you feel more anxious, lonely or less confident because of lockdowns and the COVID-19 pandemic?  
Is your sleep affected as a result?*

Feeling low, sad, fearful, anxious, panicky, tired, or lonely are all normal responses to what the world has experienced in the last two years. And now, even reconnecting with the outside world can be a scary thought.

If you're struggling with your sleep, join a **FREE 6-week course** in **Knowle West** or **Southmead** with chartered psychologist and sleep expert Dr Sue Jackson.

**Please book your place to attend**

Call **0117 370 1875** or email [enquiries@ncim.org.uk](mailto:enquiries@ncim.org.uk)

**Knowle West Healthy Living Centre - On Wednesdays**

Starting Wednesday 14 September, 1.30 - 3.30pm

**Southmead - The Greenway Centre - On Thursdays**

Starting Thursday 22 September, 10am - 12noon

### **About the course**

The course aims to help you to understand what sleep is, what it does for you, and more importantly how to improve the quality of the sleep you are getting.

Each course is for up to 15 people and will be delivered in a friendly, COVID-safe and supportive face to face environment over six weeks (two hours per week).

It's not a 'drop-in' course – we hope that you'll come each week for continuity as well as to create a little community.

Delivered by



National Centre for  
Integrative Medicine



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## **SLEEP COURSE OVERVIEW**

### **Session 1: Introduction**

How the body clock influences sleep patterns, sleep diary

### **Session 2: Sleep Education**

Myth-busting, sleep disorders, how ill health can affect sleep

### **Session 3: Sleep Hygiene**

How attitude to change impacts sleep success, developing sleep hygiene

### **Session 4: The Importance of Thoughts**

How thoughts interfere with sleep, tools & techniques to quiet the mind

### **Session 5: Lifestyle Factors**

What can help you sleep - lifestyle and holistic approaches

### **Session 6: Moving Forward**

Strategies to help with nightmares / bad dreams, develop your action plan

***Good quality sleep is when you fall asleep quite easily,  
do not wake up fully during the night, do not wake up too early,  
and feel refreshed in the morning***

### **About NCIM**

The National Centre for Integrative Medicine (NCIM) is a not-for-profit health and wellbeing organisation in Bristol that delivers healthcare services to individuals (e.g. nutrition, acupuncture, Holistic Doctor), wellbeing programmes in community settings (e.g. sleep, mindfulness, movement, breath) and accredited education and training for healthcare professionals.

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The National Centre for Integrative Medicine (NCIM) is a Community Interest Company (08529099)