



Are you sleeping well?

Are you having trouble sleeping?



Do you wake up early?

Are you confused about sleep?



Do you still feel tired after sleeping?



Do you sleep too much?



Do you find yourself waking at night?

If any of the above sound familiar,
then you may benefit from our free
'Sleep Well, Feel Well' session.

'Sleep Well, Feel Well' is a free, 2 hour group session,
designed to help you tackle many common sleep difficulties.

For the next available course please visit
www.covwarkpt.nhs.uk/iapt or call **024 7667 1090**.