



# Teenagers and Sleep Zoom Session



11th June 2024  
7pm-9pm

This Session is designed specifically for parents and carers of teenagers who struggle with sleep.

"Sleep is as important for survival as food and water; yet most people know very little about this vitally important process. 80% of children with a special educational need or disability struggle to sleep."

**RESERVE YOUR PLACE**

**[www.portsmouthparentvoice.org/sleepcourse](http://www.portsmouthparentvoice.org/sleepcourse)**

Further information:  
[ppvadmin@hsportsmouth.org.uk](mailto:ppvadmin@hsportsmouth.org.uk)

