

SLEEP LAB

The Sleep Charity is working with Lincolnshire Outdoor Learning to bring you the 'Sleep Lab' at Stanford Junior and Infant School on the **24 November, 2pm onwards.**



This exciting outdoor activity event brings together nature and learning to help improve children's mental health and give parents/carers knowledge and understanding on how to improve their child's sleep.

Children and their parents/carers will also have the opportunity to sign up to join the Primary School My Sleep Journal, an interactive book to learn and have fun with around the subject of sleep.

No need to book, turn up and speak to a trained sleep practitioner.

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