



TRAINING FOR HEALTHCARE PROFESSIONALS

The REST Programme®

A two-part, evidence-based sleep training programme taught by sleep expert Dr David Lee – with a licence to use the REST® resources in your practice.

What you'll learn

- How to assess sleep problems in children and adults, including those with complex conditions
- NICE-approved, non-drug interventions for insomnia
- Practical tools to use alongside your current practice
- How to use the REST® resources with your patients and clients

Who it's for

All healthcare professionals, at any stage of your career – working with children or adults.

PART 1

Date to follow

PART 2

Date to follow

VENUE

Online / venue to be confirmed

COURSE FEE

£XXX + VAT (TBC)

LED BY

Dr David Lee, Sleep Unlimited

Book your place

Complete the booking form overleaf and return it to

info@sleepunlimited.co.uk

Group bookings and in-house courses available on request.

The REST Programme®



Please complete one form per delegate in capital letters and return it by email or post. Places are confirmed once we receive your booking and payment or a purchase order.

COURSE DATE

- ☐ Part 1 & Part 2 – [dates to follow]
- ☐ Part 1 & Part 2 – [dates to follow]
- ☐ Please contact me about a group / in-house course

DELEGATE DETAILS

Full name	Job title / profession
Organisation	Professional registration (e.g. NMC, HCPC)
Email	Telephone
Address	

INVOICE DETAILS (IF DIFFERENT)

Invoice contact name	Invoice email
Purchase order number	Organisation

ANYTHING ELSE?

Access or dietary requirements

How did you hear about us?

Signature

Date

Terms (sample wording – to be confirmed by Sleep Unlimited): Payment is due before the course date. Cancellations made more than 28 days before the course will be refunded less an administration fee; after that, fees are non-refundable but a colleague may attend in your place. We will use your details only to administer your booking, in line with our Privacy Policy at sleepunlimited.co.uk/privacy-policy.

Email

Scan or photograph this form and send it to
info@sleepunlimited.co.uk

Post

Sleep Unlimited, PO Box 570, Gateshead NE8
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