



**QSFHT
WORKSHOP
SERIES**

SLEEP WORKSHOP

LEARN ABOUT SLEEP HYGEINE

**DISCOVER TOOLS TO MANAGE A
RACING MIND AT NIGHT**

**LEARN STRATEGIES TO HELP YOU IMPROVE
YOUR SLEEP PATTERNS AND HABITS**

**THIS WORKSHOP FOCUSES ON
LEARNING THE FUNDAMENTALS OF
SLEEP AND PROVIDES EVIDENCE-
BASED STRATEGIES TO IMPROVE YOUR
SLEEP PATTERNS AND HABITS**



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CODE TO SIGN-UP
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OUR WEBSITE**

