

A Planet Youth Webinar



The importance of sleep for our teenagers



A webinar for parents that explores the importance of sleep, the reasons behind typical sleep challenges, and how parents can practically support their teenagers to understand and prioritise their sleep.

With Lucy Wolfe
Sleep Consultant and Author



Wednesday the 13th of November

19.00 – 20.15

Register at: <https://bit.ly/40K0DUm> or

