

# Wellbeing

Wednesday 27 January day

## SESSION ANNOUNCEMENT

**DR LINDSAY BROWNING**

**TROUBLE SLEEPING:  
SLEEP ADVICE FROM THE EXPERTS**



Lindsay is a Chartered Psychologist, a neuroscientist and has a doctorate from Oxford University... so yes she's really clever! She's also an expert on sleep! So, if you are having problems dropping off to sleep during lockdown because you're concerned about exams, health, family, friends or your maths homework then this is the session for you. This session will have loads of practical advice on how to get the sleep you need and, to top it all, if you want to catch up with Lindsay after the session her clinic is in Wokingham - or have a look at her website:

<https://troublesleeping.co.uk/about-trouble-sleeping/dr-lindsay-browning/>

Lindsay's session will run from **15.00 – 15.30**