

INFORMATION SEMINARS FOR SLEEP IN PARKINSON'S

The Parkinson's Nurse Service is working in conjunction with the Psychology dept at the Royal Victoria Hospital. We are planning a pilot series of Sleep Education seminars to be run for the benefit of people with Parkinson's.

The aim of the course is to learn about normal sleep then understand abnormal sleep and approaches for helping you experience improved sleep.

As this is a pilot group, we are only able to offer 20 places for the programme.

We ask that at the time of application you are willing and able to commit to attend all 3 sessions.

Seminars will be held on a fortnightly basis from 6-7 pm at the Royal Victoria Hospital on:

Wednesday 7th March, 2012: Normal sleep and tools to help with next session
(Sleep Efficiency Score and sleep diaries.)

Wednesday 24th March, 2012: Abnormal Sleep, Psychology input

Wednesday 4th April, 2012: Focus specifically on feedback from group.
Could involve smaller groups and individual attention if necessary.

If this course is of interest to you please complete the application form and return it to the address below.

*NB If you secure a place for the seminars and find that you are no longer able to attend, please contact a member of our team on **0131 537 5257** and let us know so that your place can be offered to someone else who may benefit from them.*

Application Form

Name: _____

Address: _____

Daytime Telephone number: _____

Please advise us of any mobility issues you may have:

Please complete the application form and return to:

Parkinson's Nurse Specialist Service
Royal Victoria Hospital
13 Craighleith Road
Edinburgh
EH4 2DN

