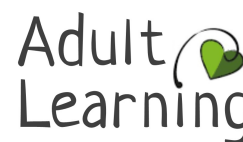


Adult Learning - Course Information Sheet



AFLP06 - Sleep & The Neurodivergent Child

Virtual Classroom - Google Classroom
classroom.google.com

Start Date: 02 December 2026
End Date: 16 December 2026
Start Time: 10:00AM
End Time: 12:00PM
Day: Wednesday
Sessions: 3
Tutor: Mrs Gelsomina Galdieri

ZZ99 9ZZ **Room** Virtual Classroom - Google Cla

What will I learn?

Throughout this 3-week course (6 hours total), you will gain specialized insights into the unique sleep mechanisms of neurodivergent children:

- How ADHD, Autism, and sensory processing differences impact sleep architecture, Melatonin release, and circadian rhythms.
- Identifying sensory triggers, environmental barriers, and the impact of daytime overstimulation on bedtime.
- Practical strategies to build predictable, low-demand bedtime routines and sensory-friendly sleep spaces.
- Managing nighttime anxiety, racing thoughts, hyperfocus, and frequent night wakings.
- Supporting emotional regulation and family wellbeing while respecting your child's individual neurotype.

What will I need to take part?

An internet-connected device (laptop, tablet, or smartphone), access to Google Classroom and Gmail, a quiet space to join, and a notebook for personal reflection.

What to expect

A compassionate, neurodiversity-affirming, and non-judgmental space for parents and caregivers. Each 2-hour session combines specialist sleep guidance, real-world case examples, group discussion, and practical tools tailored to unique sensory profiles. Online handouts and resources are shared via Google Classroom. For IT support, visit <https://learners.northantsadultlearning.ac.uk/it-tips>.

Where can it lead to?

This course helps you create a more calming, supportive home environment. Beyond sleep, it supports your family by helping you:

- Better understand your child's sensory and emotional regulation needs.
- Reduce bedtime conflict, meltdowns, and daily parental stress.
- Strengthen connection, trust, and emotional safety at home.
- Explore further adult learning workshops, such as Sleep for Primary & Secondary School Children or Sleep for Study and Work.

Course eligibility and fees

This adult learning course is available to residents of Northamptonshire who are:

- aged 19 or over on 31st August in the funding year
- living in England, outside a devolved adult skills funding area.
- ordinarily resident in England on the first day of learning.

If you don't meet the above requirements, including some international students or people not ordinarily resident in the UK, you will not be able to attend this course.

Asylum seekers may be eligible to attend in some circumstances, including where they have lived in the UK for 6 months or longer while their claim is being considered, or where they receive certain types of local authority support.

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Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

Adult Learning Service
Support Service Team
Email - AdultLearning@northnorthants.gov.uk



North
Northamptonshire
Council



West
Northamptonshire
Council