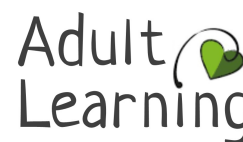


# Adult Learning - Course Information Sheet



## ANLP03 - Sleep Ageing & Change: Ages 50+

**Virtual Classroom - Google Classroom**  
classroom.google.com

Start Date: 15 October 2026  
End Date: 15 October 2026  
Start Time: 10:00AM  
End Time: 12:00PM  
Day: Thursday  
Sessions: 1  
Tutor: Mrs Gelsomina Galdieri

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

### What will I learn?

In this 2-hour practical workshop, you will explore how sleep changes as we age and how to protect your rest:

- The Biology of Aging & Sleep: How circadian rhythms shift, why sleep becomes lighter, and what is normal vs. what can be improved.
- Navigating Life Transitions: Adapting sleep habits around retirement, changing daily routines, activity levels, and health shifts.
- Managing Nighttime Wakings: Practical strategies to calm the mind, avoid clock -watching anxiety, and drift back off to sleep smoothly.
- Practical Sleep Optimization: The roles of morning light exposure, physical movement, nutrition, and environment in supporting deep, restorative rest.

### 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 notes..

### What to expect

A warm, welcoming, and non-judgmental environment. This 2 -hour session combines clear expert guidance, real-life discussion, practical tips, and time for Q&A. 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 workshop gives you immediate, practical tools to improve your daily vitality and long -term health. It helps you:

- Build confidence in managing sleep changes with age.
- Boost daytime energy, mood, memory, and physical wellbeing.
- Create a relaxing evening routine tailored to your current lifestyle.
- Explore further adult learning workshops across health, wellbeing, and skill development.

### 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 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.

**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/>**

