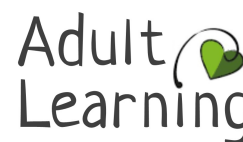


Adult Learning - Course Information Sheet



ANLP04 - Sleep For Learning And Work

Virtual Classroom - Google Classroom
classroom.google.com

Start Date: 20 October 2026
End Date: 19 January 2027
Start Time: 10:00AM
End Time: 12:00PM
Day: Tuesday
Sessions: 4
Tutor: Mrs Gelsomina Galdieri

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

What will I learn?

Across this 4-session course (8 hours total, spread across 4 months), you will explore practical, science-backed strategies to optimize rest for daily life:

- Session 1 (Sleep Fundamentals): Understanding sleep cycles, chronotypes, and how quality rest powers memory, focus, and executive function.
- Session 2 (Stress & Recovery): How workplace and study stress impact sleep quality, and practical techniques to calm a racing mind before bed.
- Session 3 (Digital Environment & Routines): Managing blue light, screen habits, shifts, and irregular schedules without compromising cognitive recovery.
- Session 4 (Energy & Longevity): Integrating sleep hygiene, caffeine timing, movement, and nutrition to build sustainable daily routines that prevent burnout.

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 collaborative, supportive, and practical adult learning environment. Each 2 -hour interactive session combines evidence-based chronobiology, practical self-assessments, group discussions, and actionable tools you can put into practice immediately. 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 provides you with lifelong skills to manage daily energy, reduce stress, and enhance performance across all areas of life. It helps you:

- Improve your focus, work efficiency, and exam performance.
- Prevent burnout and build sustainable daily balance between work, study, and rest.
- Confidently manage high-pressure periods, deadlines, and schedule changes.
- Explore further opportunities across the Adult Learning Service to build your skills, boost your career, or support personal health and wellbeing.

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.

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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