

BGPERT

Bath GP Education & Research Trust

Sleep Tools

With Dr Ashish Bhatia GP, University Tutor
and Founder of Humble

Thursday 15th September 2021, 7.00pm – 8.00pm

Webinar via Google Meet

Please RSVP to [BGPERT](#)



By the end of this session attendees will have:

- 1.) Explored the science of sleep, including the benefits and challenges of commonly used drugs and self-prescribed supplements, and why sleep hygiene advice can make things worse.
- 2.) Learnt new strategies to support sleep within 2 mins in a consultation.
- 3.) Discovered new sleep tools including -
 - Apps, podcasts, PDFs and videos
 - Better than drugs? New Humble sleep bands.
 - New local private CBT i services (NICE advised)
 - A sleep support service for your practice...if you are interested?

This meeting has been accredited by BGPERT. For more information about BGPERT including additional details about meetings visit our [website](#).

This meeting has been organised with, Humble, Health & Performance optimisation.



Humble
www.humble.info