



Hunrosa

Sleep Education

— INVITATION —

Sleep Wise for Professionals Refresher

We would like to invite you to upgrade your training and attend our
Hunrosa | Sleep Wise for Professionals Training.

14 October 2025 | 9:00am - 10:30am and 11:30am - 1pm

**You need to attend both slots, with a
comfort break in between.**



For some of you it will be 2 years since you last trained with us. We are excited to be able to share current and up to the minute updated Sleep Information with you. We are committed to continue to support you in being aware of the latest developments within Sleep Medicine, which will be relevant to your practice.

INVESTMENT one day | 9:00am - 10:30am and 11:30am - 1pm
£235 – this includes 1 years access to our Sleep Wise App

On completion of this Sleep Wise for Professionals Refresher Training, we will be able to reissue you with a new Practice Certificate for a further 2 years and you will be able to also continue to use the updated Logos.

The Refresher will include subject updates and new research, including:

- Melatonin receptors
- Chronotypes
- The effectiveness of sleep hygiene
- Sleep wake patterns
- Plus case discussion and the Sleep Wise App



Sleep Wise

*Our previous attendees shared...
"very helpful."
"great experience thank you"*

How to Book

[Via this Eventbrite Ticket Link](#)



If you need an invoice with a PO number and would like to pay via BACS this can be arranged.

Contact Details: info@hunrosa.co.uk or 01579 519990