

SLEEP:

HOW CAN WE FIND IT SO HARD WHEN WE SPEND A THIRD OF OUR LIVES DOING IT?



***Led by
Dr Martin Brunet***

Saturday 10th October 2026

10 am – 12.30 pm

(Coffee available from 9.30 am)

**at Godalming Baptist Church,
Queen Street, Godalming, Surrey GU7 1BA**

Come to this session to understand more about the mystery of how and why we sleep, including why so many of us have such trouble sleeping!

Find out ways of helping to improve your sleep, and explore whether medications, or devices used to monitor our sleep, are helpful or not.

The session will be free of charge, but voluntary donations are invited towards the vital work of 'Emerge Advocacy' - a charity providing support and a voice of hope to people aged 10-25 during and after attending A&E because of self-harm, a suicide attempt or an emotional crisis

To help with managing numbers, please reserve a place by contacting Sally Pollard, email: pollard3@hotmail.co.uk, tel: 01483 428646 by **Friday 2nd October**