

# BGPERT

Bath GP Education & Research Trust

**Please note:** this session will not be recorded and will not be available to view at a later date

## Sleep is your Superpower

With Dr Ashish Bhatia GP, University Tutor and Founder of Really Well Being

Thursday 22<sup>nd</sup> October 2020 – 7.30pm

BGPERT Webinar via Zoom

Please RSVP to [BGPERT](#)



### By the end of the session attendees will have:

- Explored the science of sleep and not sleeping
- Learnt about the art of sleeping well
- Designed a Super SLEEPERS plan to suit their needs
- Had an opportunity to ask questions and share suggestions

### Before the meeting:

- Please could attendees complete the following sleep questionnaire <https://forms.gle/XRTtm7gz5TLRfH1A6>
- Attendees will need a pen, a page of blank A4 paper, drinking water and a blank white sticker (ICE lab sticker will do!)

To see more about the author please [click here](#). For more information on the topic please [click here](#).

Please [click here](#) to see our instructions for Zoom.

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