

CAREER OF THE MONTH...

SLEEP THERAPIST

AVERAGE SALARY £25,000-£40,000

January's 'Festival of Sleep Day' highlights the importance of good sleep, making it a fitting time to spotlight the career of a Sleep Therapist. This role is essential in helping individuals achieve restful sleep, addressing sleep disorders, and enhancing overall well-being. It's a profession dedicated to improving life quality through better sleep.

JOB DESCRIPTION

Sleep Therapists diagnose and treat sleep disorders, working closely with patients to understand their sleep patterns and develop effective treatment plans. These professionals typically operate in hospitals, clinics, and private practices, providing a holistic approach to sleep health. With the increasing recognition of the importance of sleep in overall health, the demand for skilled sleep therapists is on the rise, making it a fulfilling and impactful career choice.

QUALIFICATIONS

Becoming a Sleep Therapist generally requires a degree in psychology, neuroscience, or a related field, followed by specialised training in sleep medicine. Alternatively, becoming a Sleep Consultant is an excellent option that involves more practical training. If this career interests you, attending events or webinars by organisations like the British Sleep Society and gaining experience in health-related settings can provide valuable insights and a clearer picture of what working in the field of sleep health might entail.

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