

## „Awakening to the Secrets of Sleep“<sup>1</sup>

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Many colleagues around the world have taken up the suggestion to explore the theme of sleep through conferences and workshops. The list of events, updated regularly, can be found [here](#).

The number of articles, research studies and educational considerations on this theme is also growing. You can find articles that have been published within the Waldorf community as well as in research journals, magazines and newspapers [here](#).

A new addition to the resources on the IASWECE website is a [collection of quotes](#), put together by the IASWECE “Birth to Three” Working Group, where Rudolf Steiner spoke about sleep.

It is our heartfelt wish that the conferences and workshops that take place will deepen the understanding of the significance of sleep and will help to improve the pedagogical practice of both educators and parents who are trying to provide the healthiest possible rhythm of waking and sleeping to the children entrusted to their care.

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<sup>1</sup> Title of a conference in Hanover, Germany