

Sleep Problems



The information contained within this pack was correct at the time of sharing. We update this on a regular basis. If you notice any links are broken or information has changed please contact ShropshireFIS@shropshire.gov.uk and we will update the information. Further Family Information Services and Resource Packs are available through the Early Help website www.shropshire.gov.uk/early-help

Services

The Sleep Council

The Sleep Council produce a number of information leaflets, guides and facts sheets which cover advice and tips on sleep. The Sleep Council focuses on giving advice and guidance on healthy sleep habits and would like to stress that we are not experts or specialists in the fields of sleep disorders or insomnia.

<http://www.sleepcouncil.org.uk/>

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=B3eESMMIDUo&familychannel=0>

Young Minds

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we research, campaign and influence policy and practice.

http://www.youngminds.org.uk/for_parents/worried_about_your_child/sleep_problems

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=b9Ab8p6wyq8&familychannel=0>

Sleep Clinic

You could speak with your GP, health visitor, school nurse or midwife and ask for a referral to a sleep clinic.

Family Lives

People contact us about all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. Information around sleep and advice.

<http://www.familylives.org.uk/advice/teenagers/health-wellbeing/teenagers-and-sleep/>

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=plvDS-s1q3w&familychannel=0>

Netmums

Useful website for parents which offers advice and information for parents from activities, parenting, eating habits, chat rooms and much more.

<http://www.netmums.com/search>

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=nOxTvCQamYM&familychannel=0>

Resources

Royal college of psychiatrists

This leaflet looks at common sleep problems in children and adolescence.

<http://www.rcpsych.ac.uk/healthadvice/parentsandyounginfo/parentscarers/sleepproblems.aspx>

NHS choices

Common sleep problems in children. Getting children to bed, children waking in the night, children and nightmares.

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/sleep-problems-in-children.aspx>

Healthy sleep tips for children, relaxation, keeping sleep diaries.

<http://www.nhs.uk/Livewell/Childrenssleep/Pages/bedtimeritual.aspx>

Sleep diary

<http://www.nhs.uk/Livewell/insomnia/Documents/sleepdiary.pdf>

Sleep and your special needs child. Information to support parents.

www.amazon.co.uk/Sleep-Your-Special-Needs-Child/dp/0719807913/ref=sr_1_1?ie=UTF8&qid=1402997492&sr=8-1&keywords=sleep+and+your+special+needs+child

The Sleep Council

Tips for sleep for children with additional needs

<http://www.sleepcouncil.org.uk/how-to-sleep/sleep-tips-for-children-with-additional-needs/>

Sleep tips for teenagers

<http://www.sleepcouncil.org.uk/how-to-sleep/sleeping-tips-for-teenagers/>

The good night guide for children, booklet for parents to help get their children to sleep.

http://www.sleepcouncil.org.uk/pdf-downloads/the_good_night_guide_for_children.pdf

Sleep for kids

This is a website for children with activities and information which is easy to read for young children (7-13 years).

<http://www.sleepforkids.org>

National Sleep Foundation

This leaflet provides information on sleep for toddlers up to teenagers.

<http://sleepfoundation.org/sleep-topics/children-and-sleep?page=0%2C0>

<http://sleepfoundation.org/sleep-topics/teens-and-sleep?page=0%2C0>

Sleep diary (parents and young people)

<http://sleepfoundation.org/sleep-diary/SleepDiaryv6.pdf>

NHS choices

Children's sleep. This looks at healthy tips for children, how much sleep do kids need, why teens are always tired, how TV's and phones ruin kids sleep.

<http://www.nhs.uk/livewell/childrenssleep/Pages/childrenssleephome.aspx>

Kids Health

All about sleep. This resource looks at sleep from babies up to teens and sleep patterns.

<http://kidshealth.org/parent/general/sleep/sleep.html>

Mind

Information on sleep problems, what you can do to help, treatments, sleep checklists.

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/>

Netmums

Late night settlers

<http://www.netmums.com/baby/sleep/sleep-late-settler-or-early-riser>

How do I keep my child in bed at bedtime? Tips for parents whose children settle late at night.

<http://www.netmums.com/toddlers/the-child-who-won-t-stay-in-their-bed>

Sleep Health Foundation

Behavioural sleep problems in school aged children and what you can do.

<http://www.sleephealthfoundation.org.au/files/pdfs/Behavioural-Sleep-Problems-Children.pdf>

Mumsnet

Information for parents around toddler sleep problems.

<http://www.mumsnet.com/toddlers/sleep-problems>