

## 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](mailto: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](http://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://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/parentsand youthinfo/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](http://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](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>