



SIGNPOSTplus Sleep information



Cerebra - Sleep Advice Service

Cerebra understand that if you have one child that doesn't sleep, the whole family suffers. their range of sleep services will help your child – and everyone in your family – get a good night's sleep.

To find out more go to: <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>



LD Resources Foundation Action.

LDRFA explore the importance of sleep

for people with ADHD & Learning Disabilities who suffer from sleep deprivation. For more details go to:

<https://www.ldrfa.org/importance-of-sleep-for-people-with-adhd-learning-disabilities/>



The Sleep Council

This website covers a range of topics relating to children's sleep issues, these include:

- Common Sleep Problems in Children
- Good Sleep Routines for Children
- Night Terrors and Nightmares
- Children with additional needs
- Teenagers and Sleep

For full details on each of the above go to:

<https://sleepcouncil.org.uk/>



YouTube

You may want to have a look at the wide variety of information videos on YouTube:

https://www.youtube.com/results?search_query=Child+sleep+tips



NHS-Healthy sleep tips for children

Good sleep is important for your child's physical and mental wellbeing.

A relaxing bedtime routine is one important way to help your child get a good night's sleep.

For information and help tips from the NHS go to: <https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

For Teen sleep go to: <https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

To find out how much sleep a child needs have a look at: <https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>



The Sleep Charity

The Sleep Charity help families on a one to one basis, supporting them and their children to get better sleep. They do this by looking at aspects such as bedtime routines, helping to recognise sleep issues, the causes of those issues and build in strategies to help aid better sleep. To find out more go to:

<https://thesleepcharity.org.uk/about/>

Or email: info@thesleepcharity.org.uk or call 01302 751 416

YOUNGMINDS Young Minds Sleep problems

We all have problems with sleeping, waking, or having bad dreams sometimes. If sleep issues are affecting you, Youngminds can help you tackle them. For more details go to:

<https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/>



**National
Autistic
Society**

**National Autistic
Society (NAS)**

Problems with sleep can
be an issue for autistic

children, it can also be disruptive for the parents
of autistic children who can find their own sleep is
affected. To access their sleep guides, go to:

<https://www.autism.org.uk/advice-and-guidance/topics/physical-health/sleep>



Cerebra

The Sleep Team have put
together their top 20 top sleep
tips to help you and your family

get a good night's sleep. For more information
and support visit: <https://buff.ly/35le1xK>

*Disclaimer: This information is for general
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