

SLEEP RESOURCES: FOR CHILDREN, ADOLESCENTS, PARENTS, AND SCHOOLS

RESOURCES FOR CHILDREN AND ADOLESCENTS

General Resources



National Sleep Foundation: <https://www.sleepfoundation.org/articles/teens-and-sleep>

- Clearly outlines facts about sleep and the consequences of not getting enough sleep for adolescents
- Provides helpful tips/suggestions for how to get a good night's sleep



Health for Kids: <https://www.healthforkids.co.uk/staying-healthy/sleep/>

- A fun and interactive page for children, with information on the importance of sleep and tips for how to get ready for bed



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

- Provides information on topics including anxiety and worries, nightmares, night terrors, wetting the bed, and altered sleep problems
- YoungMinds Crisis Messenger service: <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>
 - For urgent help, young people can text YM to 85258; all texts are answered by trained volunteers, with support from experienced clinical supervisors
 - Provides free, 24/7 crisis support across the UK



The Mix: <https://www.themix.org.uk/your-body/sleeping/how-much-sleep-do-i-need-6542.html>

- Offers helpful advice on how much sleep young people need and how to recognise the signs of not getting enough sleep



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

- Explains insomnia and other sleep problems, giving practical suggestions for what you can do and where you can go for support



Mental Health Foundation: <https://mentalhealth.org.uk/a-to-z/s/sleep>

- The full Sleep Matters report is available for download: <https://mentalhealth.org.uk/publications/how-sleep-better>
- Offers a range of other booklets and webpages with helpful information on other aspects of mental health



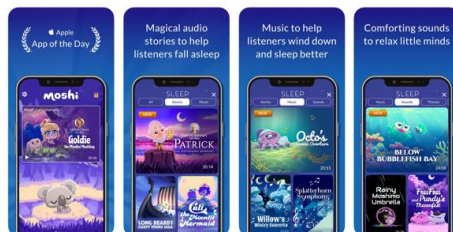
Good Thinking provides digital mental health support for London.

- Includes NHS approved apps, guides, workbooks, podcasts and blogs
- Relating to different mental health difficulties such as low mood, anxiety, sleep, and stress
- Main page: <https://www.good-thinking.uk/>

APPS

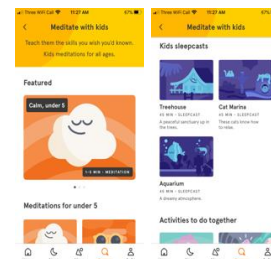
Moshi:

- Contains soothing audio stories, meditations, music and white noise (audio only, to avoid using screens at bedtime)
- Mindfulness topics include kindness, gratitude, positive thinking, and patience, among others
- Free download; premium subscription unlocks new and additional content (free 7-day trial, then £29.99/year)



Headspace:

- Provides breathing exercises, visualisations, and focus-based meditation
- Offers videos for children:
<https://www.headspace.com/meditation/kids>
 - Sessions are customised for three age groups: 5 and under, 6-8, and 9-12, with “Goodnight” and “Sleep Tight” meditations tailored to each group
 - Also include 45-minute sleepcasts to help children fall asleep

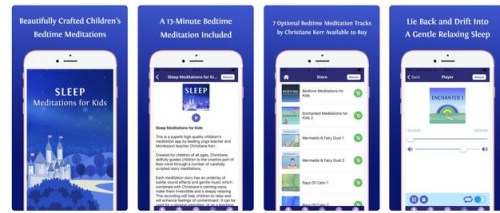


Sleep Resource List – Redbridge EWMHS/CAMHS

- Free download; free 2-week trial, which automatically converts to yearly payment of £49.99. Cancel anytime.

Sleep Meditation for Kids:

- Consists of scripted story meditations, with relaxing sound effects and gentle music
- Designed to help children with sleep issues, insomnia, stress, anxiety, and to increase feelings of confidence and well-being
- Suitable for all children up to the age of 12
- Free download; features one free 13-minute bedtime meditation, plus 7 other meditation tracks available to buy as inApp purchases



AGE-SPECIFIC RESOURCES

Early Years (0-5 years)

Books

- *I Love You, Little Monster*, by Giles Andreae
- The following books are recommended by the Royal College of Psychiatrists (<https://www.rcpsych.ac.uk/members/your-faculties/child-adolescent-psychiatry/news-and-resources/for-public>)
 - *Can't You Sleep, Little Bear?*, by Martin Waddell
 - *The Goodnight Caterpillar: A Children's Relaxation Story*, by Lori Lite
 - *A Boy and a Turtle: The Children's Visualisation Book*, by Lori Lite
- For more therapeutic stories about bedtime, see Little Parachutes: <https://www.littleparachutes.com/category/experiences/bed-time/>



Videos

- **Why Do You Need a Good Night's Sleep?** (by BBC CBeebies' Get Well Soon, with British doctor Dr Ranj Singh): <https://www.youtube.com/watch?v=6oEXGiWV3p8>
- **Tommy the Bedtime Turtle** (by Cosmic Kids Yoga, with Jaime Amor): <https://www.youtube.com/watch?v=gCLW77sABTc>
- **Why is Sleep Important?** (from Chwee Hang Baey): <https://www.youtube.com/watch?v=FgCwrumLEhU>
- **This Is The Way We Go To Bed** (by Super Simple Songs): <https://www.youtube.com/watch?v=v1YjMvnOw>

Primary school (6-12 years)



Books

- *Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)*, by Eline Snel
- *Sitting Still Like a Frog Activity Book: 75 Mindfulness Games for Kids*, by Eline Snel
- *Neon the Ninja Activity Book for Children who Struggle with Sleep and Nightmares: A Therapeutic Story with Creative Activities for Children Aged 5-10*, by Dr. Karen Treisman
- *What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep (What-to-Do Guides for Kids)*, by Dawn Huebner (Author), Bonnie Matthews (Illustrator)

Videos

- **Why Do We Sleep? | The Dr. Binocs Show** (by Peekaboo Kidz):
<https://www.youtube.com/watch?v=CoCL0IB4u4g>
- **Good Sleep in Kids and Teens** (by paediatrician Dr. Adiaha Franklin):
<https://www.youtube.com/watch?v=05Z8yv-7y3Q>
- **Why Do We Need Sleep?** (by SciShow Kids):
<https://www.youtube.com/watch?v=aAmaCeq9v4>

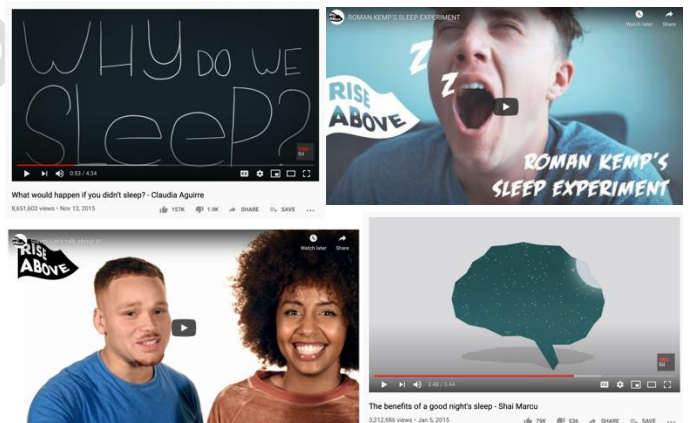
Adolescents

Books

- *Blame My Brain: The Amazing Teenage Brain Revealed*, by Nicola Morgan — Chapter 2: “Sleep, and lots of it”

Videos

- **Sleep! Let's Talk About It!** (by Rise Above):
<https://riseabove.org.uk/article/sleep-talk/>
- **What would happen if you didn't sleep?** (a TED-Ed lesson by neuroscientist Dr. Claudia Aguirre) <https://www.youtube.com/watch?v=dqONk48I5vY>
- **The benefits of a good night's sleep** (a TED-Ed lesson by paediatric neurologist Dr. Shai Marcu): <https://www.youtube.com/watch?v=gedoSfZvBgE>
- **Roman Kemp's Sleep Experiment** (by Rise Above, with radio host and TV personality Roman Kemp): <https://riseabove.org.uk/article/sleep-challenge-featuring-roman-kemp/>



RESOURCES FOR PARENTS



The Sleep Council: <https://sleepcouncil.org.uk/>

- Offers a wide range of resources and advice on sleep, including:
 - **Common sleep problems in children:** <https://sleepcouncil.org.uk/advice-support/sleep-hub/family-matters/common-sleep-problems-in-children/>
 - **Sleep tips for children with additional needs:** <https://sleepcouncil.org.uk/advice-support/sleep-hub/family-matters/children-with-additional-needs/>
 - **Toddlers and sleep:** <https://sleepcouncil.org.uk/advice-support/sleep-hub/family-matters/toddlers-and-sleep/>
- For more information specifically on sleep in teenagers and adolescents: <https://teensleephub.org.uk/>
- A handy “Good-Night Guide for Children” is available for download here: <https://sleepcouncil.org.uk/wp-content/uploads/GNGC-website-view.pdf>



Child Mind Institute: <https://childmind.org/topics/concerns/sleep/>

- Provides tips and suggestions on how to help teenagers get more sleep: <https://childmind.org/article/help-teenagers-get-sleep/>
- Other informative articles include:
 - **Why Are Teenagers So Sleep-Deprived?:** <https://childmind.org/article/teenagers-sleep-deprived/>
 - **Teens and Sleep: The Cost of Sleep Deprivation:** <https://childmind.org/article/happens-teenagers-dont-get-enough-sleep/>



Royal College of Psychiatrists:

- “Sleep problems in childhood and adolescence: for parents and carers”: <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/sleep-problems-in-childhood-and-adolescence-for-parents-and-carers>
- Provides information on common sleep disturbances in children and adolescents, including: daytime sleepiness, nightmares, night terrors, and sleepwalking



National Sleep Foundation: <https://www.sleepfoundation.org/sleep-topics/children-teens-sleep>

- Provides guidelines on how much sleep babies, children and adolescents need: <https://www.sleepfoundation.org/excessive-sleepiness/support/how-much-sleep-do-babies-and-kids-need>
- Offers articles containing helpful tips on a wide range of topics related to children, teens, and sleep, including:
 - **Sleep strategies for kids:** <https://www.sleepfoundation.org/articles/sleep-strategies-kids>
 - **How blue light affects kids & sleep:** <https://www.sleepfoundation.org/articles/how-blue-light-affects-kids-sleep>
 - **Children's stress & sleep:** <https://www.sleepfoundation.org/articles/childrens-stress-sleep>
 - **What happens when my child or teen doesn't get enough sleep?:** <https://www.sleepfoundation.org/articles/what-happens-when-my-child-or-teen-doesnt-get-enough-sleep>



NHS: <https://www.nhs.uk/live-well/sleep-and-tiredness/?tabname=childrens-sleep>

- Offers information on tiredness and fatigue, and sleep tips in general
- Also covers:
 - **Healthy sleep tips for children:** <https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>
 - **How much sleep do children need?:** <https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>
 - **Sleep tips for teenagers:** <https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>
 - **Why are teens always tired?:** <https://www.nhs.uk/live-well/sleep-and-tiredness/why-are-teens-always-tired/>

BOOKS

- *The No-Cry Sleep Solution (Second Edition)*, by Elizabeth Pantley
 - Available in Redbridge Libraries: https://llc.ent.sirsiidynix.net.uk/client/en_GB/redbridge/search/results?qu=The+No-Cry+Sleep+Solution&te=&lm=REDBRIDGE
- *The Gentle Sleep Book: For calm babies, toddlers and pre-schoolers*, by Sarah Ockwell-Smith
 - ISBN: 9780349405209

- Available in Redbridge Libraries:
[https://llc.ent.sirsiidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:\\$002f\\$002fSD_ILS\\$002f0\\$002fSD_ILS:1605173/one?qu=9780349405209&lm=REDBRIDGE](https://llc.ent.sirsiidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:$002f$002fSD_ILS$002f0$002fSD_ILS:1605173/one?qu=9780349405209&lm=REDBRIDGE)
- Recommended by the Royal College of Psychiatrists:
<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/sleep-problems-in-childhood-and-adolescence-for-parents-and-carers>
 - *The Sleep Fairy*, by Janie Peterson and Macy Peterson
 - *Solve Your Child's Sleep Problems*, by Richard Ferber
 - ISBN: 9780091948092
 - Available in Redbridge Libraries:
[https://llc.ent.sirsiidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:\\$002f\\$002fSD_ILS\\$002f0\\$002fSD_ILS:11600/one?qu=9780091948092&lm=REDBRIDGE](https://llc.ent.sirsiidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:$002f$002fSD_ILS$002f0$002fSD_ILS:11600/one?qu=9780091948092&lm=REDBRIDGE)



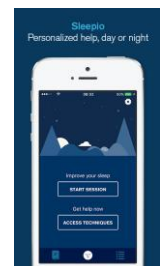
VIDEOS

- **Why do we sleep?** (TED talk by Russell Foster, Director of the Nuffield Laboratory of Ophthalmology and the Head of the Sleep and Circadian Neuroscience Institute):
<https://www.mentallyhealthyschools.org.uk/resources/why-do-we-sleep/?page=1&IssuePageId=4375>
- **How do Teenagers Sleep?** (by Penguin Books UK, with Professor Matthew Walker, author of bestselling book "Why We Sleep"):
<https://www.youtube.com/watch?v=wznDODyapbY>
- **How can Sleep Affect a Teenager's Education?** (by Penguin Books UK, with Professor Matthew Walker, author of bestselling book "Why We Sleep"):
<https://www.youtube.com/watch?v=jB1Wcmvyl8M>
- **Help your child to sleep – empower connection to relax** (TEDx Talk by Danish bestselling author Gitte Winter Graugaard):
<https://www.youtube.com/watch?v=fE2bDYVhVRg&t=52s>

APPS

Sleepio:

- An evidence-based digital sleep intervention that has been shown to help people fall asleep, stay asleep, feel refreshed, boost energy, and improve performance
- Sign up online, do the sleep test, and create an account at:
<https://www.sleepio.com/>
 - You can then download the app, designed to supplement the online programme, free from the App store
- Free for NHS staff, and available at no cost from some IAPT talking therapy providers



- Not recommended for children under 16 years or pregnant women
 - To check if Sleepio is suitable for you, please see here: <https://www.sleepio.com/suitable/>
- For more information, please see: <https://www.nhs.uk/apps-library/sleepio/>



Headspace:

- Provides breathing exercises, visualisations, and focus-based meditation to help you go to sleep, including:
 - “Sleepcasts” (45-55 minute-long audio experiences)
 - “Wind downs” (meditation and breathing to prepare the mind for sleep)
 - “Nighttime SOS” (guided exercises for waking up in the night)
 - Sleep music and sleep radio
- Free download; free 2-week trial, which automatically converts to yearly payment of £49.99. Cancel anytime.
 - For more information, please see: <https://www.headspace.com/>

RESOURCES FOR SCHOOLS



Anna Freud
National Centre for
Children and Families

Mentally Healthy Schools: <https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/lifestyle-factors/sleeping-problems/>

- Offers suggestions for teachers to discuss the importance of sleep with primary school students
- Provides links to external resources on topics including:
 - **Sleep Relaxation:**
<https://www.mentallyhealthyschools.org.uk/resources/sleep-relaxation/?page=1&IssuePageId=4375>
 - **Good Sleep Hygiene:**
<https://www.mentallyhealthyschools.org.uk/resources/good-sleep-hygiene/?page=1&IssuePageId=4375>
 - **11 ways to get a good night's sleep:**
<https://www.mentallyhealthyschools.org.uk/resources/11-ways-to-get-a-good-nights-sleep/?page=1&IssuePageId=4375>

TeachingEnglish

Teaching English (BBC): <https://www.teachingenglish.org.uk/article/sleep>

- Available for download: a sleep lesson plan and sleep student worksheet, including a sleep self-assessment quiz



Public Health
England

Public Health England:

- Offers a Year 6 Lesson Plan Pack available for download:
<https://campaignresources.phe.gov.uk/schools/resources/sleep-year6-lesson-plan-pack>; and a KS3 and KS4 Lesson Plan Pack:
<https://campaignresources.phe.gov.uk/schools/resources/sleep-KS3-KS4-lesson-plan-pack>
 - Includes a lesson plan, PowerPoint, and action plan exploring the benefits of good quality sleep for the brain and body
 - The PowerPoint includes a video that provides students with helpful strategies for better quality sleep