

# World Sleep Day: 18th March 2022

Special Edition Snippet



## Infant and Maternal Health

**Cry-sis**: support for parents and care givers with crying and sleepless babies

**Ready Steady Baby**: a guide to pregnancy, labour and birth and early parenthood up to 8 weeks including sleep information



## Children and Young People

**Anna Freud**: have developed some useful suggestions with **BBC Bitesize** for parents and carers about how to talk to young people about Ukraine. Resources also for **professionals**, to help improve outcomes for refugee and asylum-seeking children and young people



**Kids Independently Developing Skills**: Provides information on how to help children develop good sleeping habits

**Sleep Scotland**: Teen Zone offers information to support teenagers sleep better



## Adults

**Heads Up**: has information on insomnia, what helps and how to support something living with insomnia

**NHS Inform**: Sleep problems and insomnia self-help guide

**Wellbeing South Glasgow**: offer a range of resources to help you sleep better

**NHS 24**: Breathing Space National Coordinator shares some tips via video to help us get a good nights sleep



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## APPS



**Sleepio**: is an online sleep improvement programme which delivers tailored and engaging advice, 24/7

**Daylight**: is an app for people who are feeling worried or anxious. You can learn proven tools and techniques to get out of your head, face difficult emotions, and be more present

## Helplines

**Cry-sis**: Support for crying and sleepless babies. Provides a telephone helpline **08451 228 669** (charges apply). Lines open 7 days a week 9am-10pm

**Sleep Support Line**: Call **0800 138 6565**, Monday to Thursday 10am – 4pm For parents and carers living in Scotland seeking support with their child's sleep problems can contact sleep advisors

**Breathing Space**: Call **0800 138 6565**, Monday to Thursday 10am – 4pm. For parents and carers living in Scotland seeking support with their child's sleep problems can contact sleep advisors



## Reading



**Mental Health Foundation**: Tips for looking after your mental health during scary world events

**Rebecca Solnit**: Hope in Dark Times, Resisting the Defeatism of Easy Despair, and What Victory Really Means for Movements of Social Change