

Sleep Resources and Supports

Pregnant and New Parents

Cry-sis: Support for crying and sleepless babies. Provides a telephone helpline 08451 228 669 (charge attached). Lines open 7 days a week 9am-10pm. Website offers information on how to cope with sleepless/or crying babies.

<https://www.cry-sis.org.uk/>

Children and Young people

Childline: useful tips for better sleep [Problems sleeping | Childline](#)

Sleep Support Line: 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

Sleep Scotland: Teen Zone to support teenagers sleep better

<https://www.sleepscotland.org/education/teen-zone/>

Young Minds: Sleep Problems. A guide for young people [Sleep Problems | Signs of Sleep Problems | YoungMinds](#)

Adults

Every Mind Matters: Trouble Sleeping, some simple steps you can take to ease those restless nights. www.nhs.uk/oneyou/every-mind-matters/sleep/

Heads Up: has information on insomnia, what helps and how to support something living with insomnia. <http://headsup.scot/>

Mind to Mind (NHS Inform): If you're feeling anxious, stressed, or low, or having problems sleeping or dealing with grief - find out how you can improve your mental wellbeing by hearing what others have found helpful. [Mind to Mind | NHS inform](#)

Mood Juice: Self help guide. Learn more about sleep problems and skills to cope with them. <https://www.moodjuice.scot.nhs.uk/SleepProblems.asp>

NHS 24: Taking caking of your sleeping pattern. <https://youtu.be/A7Hy5WVkfsk>

The Royal Society for Public Health: a free e-learning module on sleep for the public. <https://www.rsph.org.uk/our-services/e-learning/courses/understanding-sleep-don-t-hit-snooze-on-your-health.html>

SAMH: Understanding Sleep Problems. This resource explains sleep and mental health - it also gives practical suggestions and information about where to get support. 5 ways to improve your mental health [SAMH Service SleepProblems.pdf](#)

Wellbeing South Glasgow: Trouble Sleeping booklet

[423d30_964c247cbf2748848623e4028f2d3c3a.pdf](https://www.wellbeing-glasgow.org.uk/423d30_964c247cbf2748848623e4028f2d3c3a.pdf) ([wellbeing-glasgow.org.uk](https://www.wellbeing-glasgow.org.uk))