

Sleep Resources and Supports

Pregnant and New Parents

CRY-SIS: Support for crying and sleepless babies. Provides a telephone helpline 0800 448 0737. Lines open 7 days a week 9am

Safer Sleep for Babies 2024: [Safer Sleep for Babies 2024 A Guide for Parents and Carers - gov.scot](#)

Children and Young people

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

Sleep Action Helpline: can offer individual one-to-one advice and support to young people in Scotland, aged 18 years and younger. Complete the online form, and a member of the team will be in touch with you directly. Click [here](#)

Sleep Action: [sleep support for teenagers](#)

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

Adults

Mind to Mind: 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](#)

NHS Inform: Work through a self-help guide that uses cognitive behavioural therapy and expert advice to manage sleep problems. [Sleep problems and insomnia self-help guide | NHS inform](#)

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. Explains sleep and mental health and gives practical suggestions and information about where to get support. samh.org.uk/about-mental-health/self-help-and-wellbeing/understanding-sleep-problems

Sleepio: An online sleep improvement programme which delivers tailored and engaging advice, 24/7. Download free on the App Store or Google Play: [Onboarding Sleep Test - Sleepio](#)

Wellbeing South Glasgow: Trouble Sleeping booklet [423d30_964c247cbf2748848623e4028f2d3c3a.pdf \(wellbeing-glasgow.org.uk\)](#)