

# Coffee and Chat- Sleep

What	Where to go / link etc.	Details
<b>Support for parents</b>		
Sleep support for parents	<a href="https://www.brooklands.surrey.sch.uk/sleep-support/">https://www.brooklands.surrey.sch.uk/sleep-support/</a>	CFHS created a film for parents and working with Brooklands School who have some good resources
Parents' wellbeing course run by Mind Matters	<a href="https://www.mindmattersnhs.co.uk/treatments/course">https://www.mindmattersnhs.co.uk/treatments/course</a>	
<b>Websites</b>		
Healthy Surrey	<a href="https://www.healthysurrey.org.uk/mental-wellbeing/self-help/sleep">https://www.healthysurrey.org.uk/mental-wellbeing/self-help/sleep</a>	All age support
Mindworks resources	<a href="https://www.mindworks-surrey.org/advice-information-and-resources/sleep-problems">https://www.mindworks-surrey.org/advice-information-and-resources/sleep-problems</a>	We know that when you are experiencing emotional difficulties your sleep can really be affected. Getting less sleep means you may be less able to deal with these difficulties in a rational way so we've asked some other people who have struggled with sleep for some suggestions as to what helped them. See what works for you.
CFHS sleep webpage	<a href="https://childrenshealthsurrey.nhs.uk/services/sleep">https://childrenshealthsurrey.nhs.uk/services/sleep</a>	Sharing an early preview to CFHS new sleep webpage.  We would appreciate your feedback to <a href="mailto:Pauline.bigwood@nhs.net">Pauline.bigwood@nhs.net</a> before formal launch on 17 October

The Sleep Charity	<a href="https://thesleepcharity.org.uk/information-support/#:~:text=The%20Sleep%20Charity%20produces%20a%20wide%20range%20of,treatments.%20National%20Sleep%20Helpline%3A%2003303%20530%20541%20Home">https://thesleepcharity.org.uk/information-support/#:~:text=The%20Sleep%20Charity%20produces%20a%20wide%20range%20of,treatments.%20National%20Sleep%20Helpline%3A%2003303%20530%20541%20Home</a>	A wealth of resources and a help line
The Teen Sleep Hub	<a href="https://teensleephub.org.uk/">https://teensleephub.org.uk/</a>	The one stop shop for all you need to know about sleep.  If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you'll find it all here.
Royal College of Psychiatrists	<a href="https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/sleep-problems-for-parents?searchTerms=sleep">https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/sleep-problems-for-parents?searchTerms=sleep</a>	Range of information leaflets, incl. sleep problems in childhood and adolescence
<b>Young children</b>		
Little Parachutes	<a href="http://www.littleparachutes.com/">www.littleparachutes.com/</a>	Website with a collection of picture books that help children cope with worries, health issues and new experiences (big and small)
Support for under 5s	<a href="https://childrenshealthsurrey.nhs.uk/services/health-visiting-service">https://childrenshealthsurrey.nhs.uk/services/health-visiting-service</a>	Advice for under 5s can be obtained from the Health Visitor

Book for parents and children	What to Do When You Dread Your Bed, by Dawn Huebner	<p>Wouldn't it be great if you could climb into bed, snuggle under your covers, and fall asleep without any fuss or fear? Without listening for noises or thinking about bad guys? Without an extra drink, or an extra hug, or an extra trip to the bathroom? Bedtime is tough for many kids. If you're a kid who dreads your bed, and are convinced that nothing short of magic will make nighttime easier, this book is for you.</p> <p>"What to Do When You Dread Your Bed" guides children and their parents through the cognitive-behavioural techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled as children gain the skills they need for more peaceful nights.</p>
<b>Podcast</b>		
Toolkit for Sleep	<a href="https://hubermanlab.com/toolkit-for-sleep/">https://hubermanlab.com/toolkit-for-sleep/</a>	This is an interesting podcast and toolkit, that examines the current science (for adults in particular): amongst other tips, Huberman mentions daytime naps
<b>Posture management</b>		
Posture management training course	<a href="http://activedesign.co.uk/training/">http://activedesign.co.uk/training/</a>	Link to one of the 24 hour posture management course
Posture management training course	<a href="https://www.ouh.nhs.uk/oc/education/">https://www.ouh.nhs.uk/oc/education/</a>	Another 24 hour posture management course, which includes sleep assessment

Sleep positioning systems for children and adults with a neurodisability	<a href="https://journals.sagepub.com/doi/pdf/10.1177/0308022618778254">https://journals.sagepub.com/doi/pdf/10.1177/0308022618778254</a>	Has links to lots of sleep regarding factors for consideration in improving sleep and posture during sleep for CYP with complex physical and/or learning disabilities
<b>Other resources</b>		
Additional reading	<a href="https://www.carolynspring.com/wp-content/uploads/2020/03/3882775551_mhab_resources_pack.pdf">https://www.carolynspring.com/wp-content/uploads/2020/03/3882775551_mhab_resources_pack.pdf</a>	Including: 4 better ways to sleep, how does light affect our mood, sleep stages, parasomnias (nightmares, night terrors, sleep walking and sleep paralysis)
Reading - Predictive Factors of Toddlers' Sleep and Parental Stress	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7177928/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7177928/</a>	E.g. one result from this study: toddlers' night awakenings and the time required by toddlers to fall asleep were related to parental distress
Resource cards	A Therapeutic Treasure Deck of Grounding and Soothing, Coping and Regulating Cards, by Karen Treisman	<p>A treasure trove of coping, regulating, grounding, and soothing activities and techniques for working with children (aged 6+), teens and adults.</p> <p>This pack of 70 cards and explanatory guide offers a playful, non-threatening way to explore feelings, and to form effective coping, regulating, soothing, and grounding strategies through a range of games and activities. Designed to work with both the brain and body, the cards address a wide range of common issues including anxiety, stress, low mood, sleep difficulties and emotional dysregulation. To do so, they employ a range of proven strategies including cognitive techniques, nurturing activities, sensory strategies, body-based activity and creative exercises.</p>

Sleep insomnia self help	<a href="https://www.getselfhelp.co.uk/sleep-insomnia-self-help/">https://www.getselfhelp.co.uk/sleep-insomnia-self-help/</a>	Self help guide for sleep problems, using effective CBT strategies. Learn how to make positive changes
Sleep training for neurodiverse and children/young people with disability	<a href="https://www.piernetwork.org/southampton-sleep-training.html">https://www.piernetwork.org/southampton-sleep-training.html</a>	
<b>The Big Sleep Campaign</b>		
The Big Sleep Campaign	<a href="mailto:Sabina.stanescu@surreycc.gov.uk">Sabina.stanescu@surreycc.gov.uk</a>	Contact Sabina to find out more about The Big Sleep Campaign, how you can get involved and how to receive the assets

<b>Is there a link between trauma and more REM sleep?</b>	Trauma can affect our sleep architecture, so it can change how the body moves through sleep cycles and stages. There is lots of research currently to try and understand the ways trauma alters sleep architecture. What we do know is that rapid eye movement (REM) sleep appears to be the stage most affected. REM sleep is important for storing memories and processing emotions, and dreams during REM sleep tend to be more fantastical and bizarre.
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