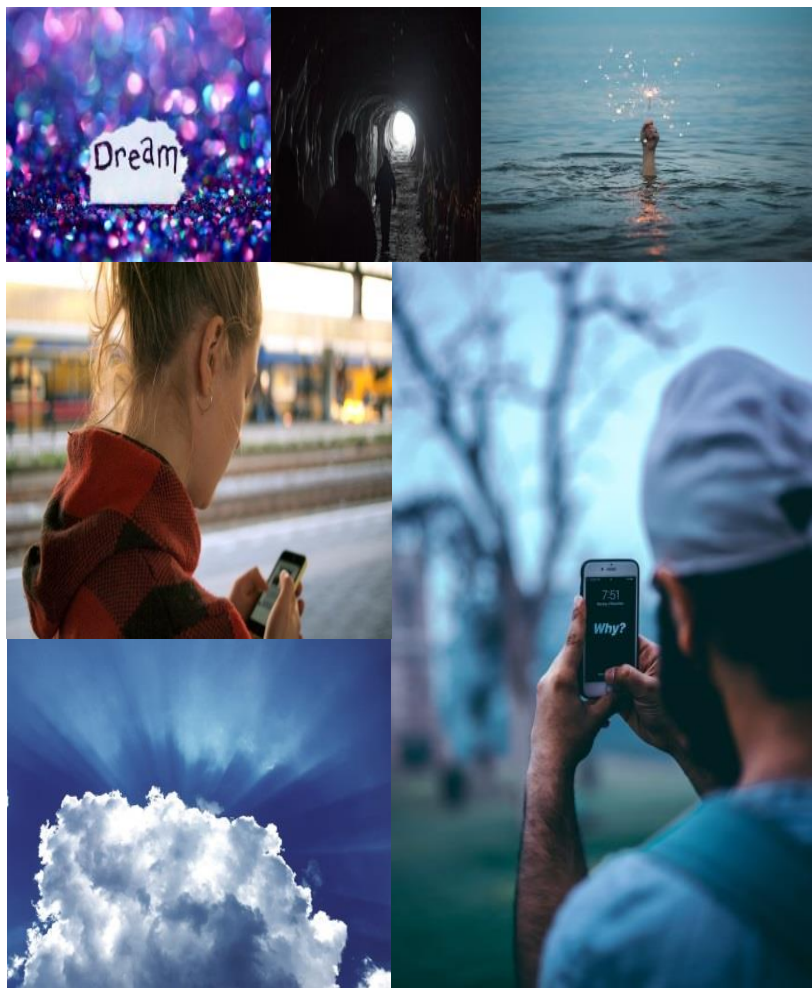


# HAVERING CAMHS – USEFUL RESOURCES FOR SLEEP DIFFICULTIES IN YOUNG PEOPLE



## HeadSpace – Sleep factsheet

Importance of sleep in mental wellbeing and healthy habits that encourage better sleep

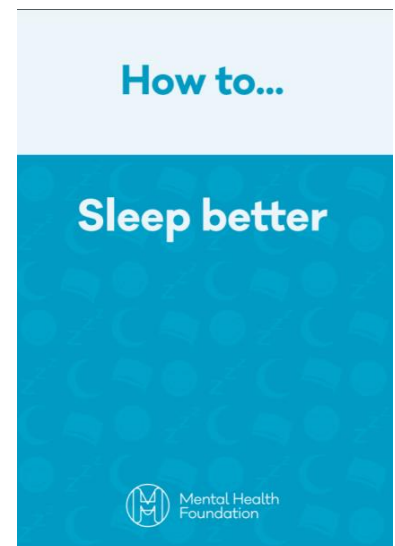
<https://headspace.org.au/assets/Factsheets/HSP225-Sleep-Factsheet-DP3.pdf>



## Mental Health Foundation – How to sleep better

Guide for sleep hygiene practices

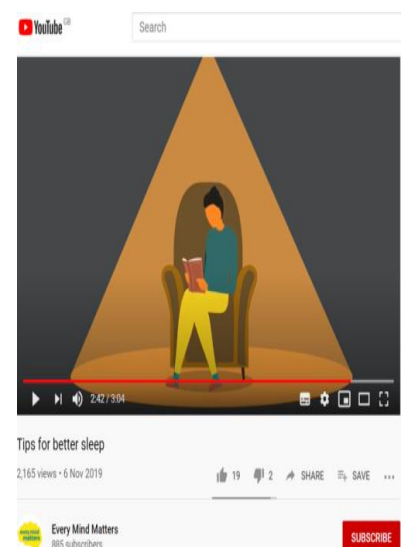
<https://www.mentalhealth.org.uk/sites/default/files/How%20to...sleep%20better.pdf>



## Every Mind Matters – Tips for better sleep

YouTube video with simple tips and advice for a better sleep

[https://www.youtube.com/watch?v=nysjg8Vlwl8&feature=emb\\_title](https://www.youtube.com/watch?v=nysjg8Vlwl8&feature=emb_title)



## Pennine Care NHS Foundation Trust – *Sleeping problems*

Self help guide to understand sleep problems and ways to sleep better

<https://www.leadsth.nhs.uk/assets/Pain-Psychology/289c09b39a/Sleeping-problems-a-self-help-guide.pdf>



## Orygen – *Sleep + Young People*

Factsheet on link between sleep and mental health and tips for getting good sleep

<https://orygen.org.au/Training/Resources/Physical-and-sexual-health/Fact-sheets/Sleep-young-people/sleep-yp-factsheet?ext>



## Head Space – *sleep and young people, putting the myths to rest*

Booklet exploring common myths around sleep

<https://headspace.org.au/assets/download-cards/HSP032-MythBuster-Sleep-and-Young-People-RGB-FA04.pdf>



## Dreams – 10 sleep relaxation techniques you need to try

Relaxation techniques to aid with sleep from mindfulness exercises to the simple act of humming

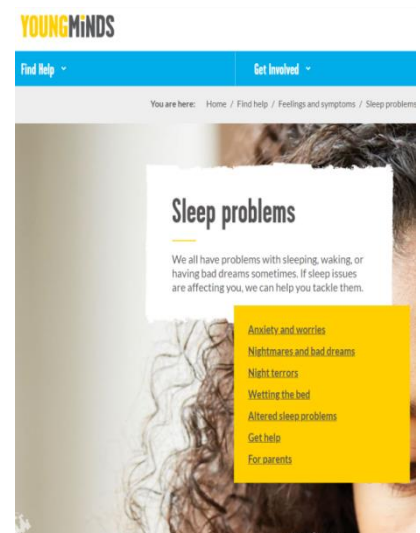
<https://www.dreams.co.uk/sleep-matters-club/sleep-relaxation-techniques/>



## Young Minds – Sleep problems

Discusses problems with sleeping, waking, or having bad dreams and ways to tackle sleep issues

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



## MIND – Sleep problems

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

<https://www.mind.org.uk/media-a/5827/sleep-problems-2020.pdf>

## How does sleep relate to mental health?

There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.



## What problems might I have with sleep?

Everyone needs sleep, but many of us have problems with it. You might recognise some of the experiences listed below, or have other difficulties with sleep that aren't mentioned here.

You might:

- find it hard to fall asleep, stay asleep or wake up earlier than you'd like to (also known as

# Sleep Self-Help Apps for Young People



**Calm** – Calm is an app with some free meditations that can help promote good sleep. Calm also offer sleep stories (read by people with soothing voices) and relaxing sound tracks to fall asleep to



**Sleep Cycle** – app that tracks and analyses your sleep patterns



**HeadSpace** – meditation app which is free for the first ten sessions. Headspace has some special programmes including one on sleep