



Sleep

The Sleep Charity...

W: <https://thesleepcharity.org.uk/information-support/children/>

We are one of the leading, independent expert voices on sleep issues in the UK and we are here to help everyone get a better night's sleep.

Young Minds...

W: <https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems>

Just One Norfolk - Sleep...

W: <https://www.justonenorfolk.nhs.uk/child-development-additional-needs/behaviour-sleep/childrens-sleep/>

Teen Sleep Advice...

W: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/sleep-problems-and-insomnia-self-help-guide>

The Source...

W: <https://thesource.me.uk/your-mind/sleep-troubles/>

NANSA Sleep Service...

W: <https://www.nansa.org.uk/sleep-service/>

The Nansa Sleep service is free of charge for families of children with disabilities. We can also see children without disabilities, but a small charge applies.

National Autistic Society...

W: <https://www.autism.org.uk/advice-and-guidance/professional-practice/teenagers-sleep>

NHS Sleep...

W: <https://www.nhs.uk/conditions/baby/health/sleep-and-young-children/>

Useful Leaflets and Apps...

W: <https://thesleepcharity.org.uk/information-support/children/sleep-diary-for-kids/>

W: <https://www.suffolk.gov.uk/asset-library/imported/infographic-teen-sleep-tips.pdf>



ElmerxTheSleepCha Developing a Good
rity-Helpful-Tips-for Sleep Routine.pdf



<https://www.educationalappstore.com/best-apps/best-sleep-apps-for-kids>

National Sleep Helpline...

W: <https://thesleepcharity.org.uk/national-sleep-helpline/>

T: 03303 530 541

W: <https://www.norfolk.gov.uk/norfolk-directory>