Sleep resources

- **The Sleep Charity** - https://thesleepcharity.org.uk/our-courses/
- **NHS** – How to get to sleep Fall asleep faster and sleep better - Every Mind Matters - NHS
- **National Autistic Society** – Sleep and autism
- **Mind** Sleep and mental health
- **YouTube** – How to get to sleep when you have ADHD VexClean UK V1 B1 16x9 VO2
- **YouTube** –Sleep Difficulties in Children with Autism Spectrum Disorder
- **10 medical reasons for feeling tired** – NHS Sleep and tiredness - NHS
- **Royal College of Psychiatry** – Sleeping Well
- **The Sleep Charity:** https://thesleepcharity.org.uk/information-support/children/
- **Cerebra:** https://cerebra.org.uk/get-advice-support/sleep-advice-service
- **NHS Trusts' Webites**: Healthy Sleep | Safety and Prevention - Child 5 to 12 years | Healthier Together
- **National Sleep Helpline:** 03303 530 541 - National Sleep Helpline - The Sleep Charity
- **Autism Unpacked Podcast:** episode on sleep - available on YouTube, Spotify and Apple Podcasts
- **Common sleep disorders in children:** p168.pdf
- **GOSH Leaflet:** GOSH_Sleep_Hygiene_in_children.pdf