

World Sleep Day: Family Information pack

World Sleep Day 2022 will be celebrated on Friday 18th March with the theme 'Quality Sleep, Sound Mind, Happy World'.

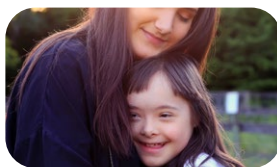
Did you know that sleep can affect your mood, focus, stress levels and physical health? A solid night's sleep is essential for a long and healthy life! [Find out more about why.](#)

Establishing and maintaining a healthy sleep routine is a challenge for many children, young people and families. For World Sleep Day 2022, Connect for Health has compiled all the websites, resources and information that we think will best help you get a better night's sleep.



[The Sleep Charity](#)

Guidance on a vast range of topics relating to children's sleep.



[Support for SEND](#)

- [Mencap advice](#)
- [Sleep Charity advice](#)



[NHS sleep advice](#)

- [For children](#)
- [For young people](#)



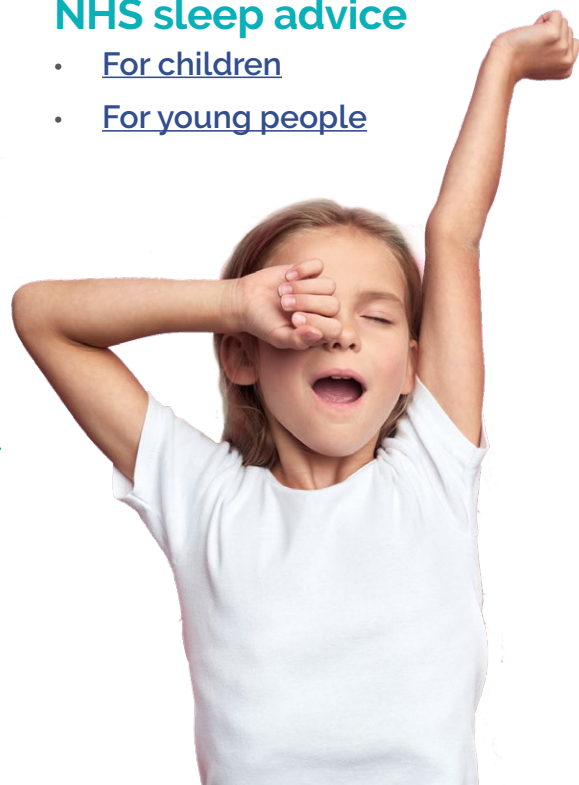
[Sleep Diary](#)

Our sleep diary can help you identify patterns that promote healthy sleep, and prepare you for consultations with professionals.



[School Entry Parent/ Carer Workshop](#)

Video workshop with advice on helping your child get into a healthy sleep routine in their first years of school.



Physical activity and sleep

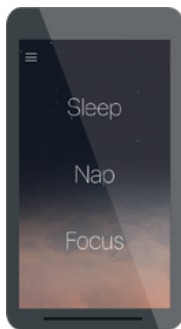
Physical activity and exercise can help you sleep. Moderate exercise increases the amount of deep sleep, where the brain and body have a chance to rejuvenate. Exercise should be performed at the right time, allowing your body time to relax before bed. See the government [physical activity guidelines](#) to find out how much you should be getting based on age. Families with children could try the [Superhero workout](#), give a [Joe Wicks PE a go](#), or go for a brisk walk or bike ride for the added benefits of some fresh air and vitamin D.



The Pzizz app for young people and adults

The app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. It uses 'Dreamscapes' – a mix of music, voice-overs and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.

<https://pzizz.com/>



Before bed yoga relaxation

Watch a relaxing before bedtime yoga video. It might just help you sleep!

[Children - Kids yoga for better sleep](#)
by Cosmic Kids

[Teens and adults - Yoga for bedtime](#)
by Adriene



Do you know the recommended sleep guidelines?

Age 3-5:
6-12 hours
(including naps)

Age 6-12:
10-13 hours

Age 13-18:
8-10 hours

Age 19+
6-9 hours

[Source: NHS](#)

Sleep websites and services

The Sleep Charity

Provides advice and support to empower the nation to sleep better.

Mind

How to cope with sleep problems.

Every Mind Matters

Sleep and mental health for adults

NHS Sleep and Tiredness

Advice about sleep and tiredness for adults



General websites and Services

www.mind.org.uk

www.youngminds.org.uk

www.selfharm.co.uk

www.time-to-change.org.uk

www.papyrus-uk.org

www.youthaccess.org.uk

www.themix.org.uk

www.annafreud.org

www.rcpsych.ac.uk/mental-health/parents-and-young-people

www.warwickshire.gov.uk/sorted (For self help books)



Kooth

Join Kooth, the free online mental health community for young people in Coventry and Warwickshire. Includes counselling via text service.

CW RISE

RISE is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.



Connect for Health can support school-aged children, young people and their parents/carers with sleep - just get in touch:



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: connectforhealth@compass-uk.org