

Here's How To.....Sleep Well



A link to practical resources and support for common sleep difficulties

| | |
|-------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| How to understand the importance of sleep | Why sleep is important https://www.sleepscotland.org/support/gateway-to-good-sleep/why-is-sleep-important/ |
| How to settle to sleep | Top tips for settling https://www.sleepscotland.org/support/gateway-to-good-sleep/how-to-get-a-good-nights-sleep/#1565602848870-c6e7eacd-87b4 |
| How to establish a positive bedtime routine | https://www.bbc.co.uk/bitesize/articles/znhyt39 |
| How to overcome common sleep problems | https://www.bbc.co.uk/bitesize/articles/zk2t2sg |
| How to improve your own sleep as a parent | https://www.bbc.co.uk/news/health-44137559 |
| How to tackle common sleep problems in babies | Please refer to: Video 1 "Won't lie down" Video 4 "Early rising" https://millpondsleepclinic.com/sleep-advice/baby-child-sleep-advice-videos/ |
| How children's sleep changes and develops between birth and age 5 | https://millpondsleepclinic.com/how-your-baby-or-childs-developmental-stages-may-impact-their-sleep/ |
| How to tackle sleep problems related to anxiety | https://millpondsleepclinic.com/anxiety-sleep/ |
| How to manage sleep when you return to school from a break | https://millpondsleepclinic.com/back-to-school-sleep-tips/ |
| How to manage the impact of the clocks going forward | Clocks going forward https://millpondsleepclinic.com/what-to-do-when-the-clocks-go-forward-28th-march-2021/ |