



## Useful Links

### **The Sleep Charity**

National, award-winning charity empowering the nation to sleep better

<https://thesleepcharity.org.uk/>

National Sleep Helpline: 03303 530 541

### **Buckinghamshire School Nursing Team**

<https://www.buckshealthcare.nhs.uk/cyp/school-years-development/school-nursing/>

01296 838000 option 5

[bht.schoolhealth-enquiries@nhs.net](mailto:bht.schoolhealth-enquiries@nhs.net)

### **Action For Children**

Free sleep advice from parenting coaches

<https://parents.actionforchildren.org.uk/sleep/>

### **Family Lives**

<https://www.familylives.org.uk>

### **Home Start**

<https://www.home-start.org.uk>

### **Young Minds**

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

### **For children with additional needs:**

#### **Contact**

Support for families with disabled children

<https://contact.org.uk/help-for-families/information-advice-services/health-medical-information/common-concerns/helping-you-and-your-child-sleep/>

#### **Scope**

Support and advice for families with disabilities

<https://www.scope.org.uk/advice-and-support/help-disabled-child-sleep/>

