

PEN PICTURE: Sleep Scotland: **Quality sleep for Scotland's children and young people.**

WHO WE ARE

Sleep Scotland is the UK's longest-established children's sleep charity. Since 1998, we have promoted healthy sleep for children and young people across the UK and Ireland. We have achieved this through sleep counselling, education, and by raising awareness of the impact of sleep deprivation on the health and wellbeing of young people and their families.

We know that good sleep is vital for children, teenagers and families to flourish and now more people are increasingly aware of the key role sleep plays for the development and maintenance of social, emotional, cognitive, behavioural and physical health. Tackling sleep issues increases the opportunities for children and young people to reach their potential.

WHAT WE DO

We know how devastating an ongoing sleep problem can be and so we work directly with parents, carers, children and young people to address and manage sleep issues. Support may be delivered via our Sleep Support Line and follow-up, or for more complex cases our sleep counselors work with families face-to-face over a series of meetings. Through the meetings, a tailored sleep programme around each supported child is created, ensuring that they receive the support and intervention that is most appropriate for them and their family. We also deliver Parent and Carer Sleep Support sessions. We provide sleep counselling to parents and carers of children and young people from 18 months to 18 years, including those with additional support needs or with mental health conditions. To date, we have supported over 3,000 families. All of our support services are free.

"It truly was life changing for our family. [My son] now sleeps in his own bed without issue and after almost five years relegated to the couch I was able to find out what it was like to sleep in my own bed again!"

"The advice was tailored to our needs and the team really listened and supported us through a challenging period for both our wee boy and us as parents who were getting such a lack of sleep. Thank you!"

TRAINING COURSES

In order to extend our impact, we also provide a range of high quality, dynamic training delivered by experts in the field. The courses enable professionals from Education, Health, Social Work or the Voluntary Sector to develop their understanding of sleep processes and the sleep issues that can occur in children and young people, including those with additional support needs. All our training is based on evidence-based research and the success of our tried and tested, cognitive and behavioural strategies. We offer various levels of training from one-hour sessions to six-day training, delivered face-to-



face or online, equipping professionals with knowledge about the physiology of sleep, what good sleep should look like, what to do when sleep goes wrong and the complex interplay of sleep with many other physical, social, emotional, behavioural and mental health conditions.

"I can't wait to get started. Thank you for enabling and teaching me. I feel confident to change the sleeping habits of future generations."

EDUCATION

We also work with staff and pupils in nurseries, schools, colleges and university to develop knowledge, understanding and strategies to support good sleep. Sound Sleep is our curriculum-linked education programme for primary or secondary-age children and young people. The programme raises awareness in schools of the importance of sleep for academic and social achievement as well as general health and wellbeing, and helps pupils implement positive sleep habits into their routines through information and peer mentoring programmes. Delegates also receive a comprehensive teaching and learning resource pack.

"This is one of the most useful courses I have been on in my teaching career. I can't believe how little emphasis there is on good sleep routines in the curriculum and when thinking about pupil health and wellbeing in general."

We are passionate about creating good quality sleep and supporting children and young people to achieve this. Have a look at our website or get in touch for more information about all aspects of our work.

More about Sleep Scotland here:

www.sleepscotland.org/

The Sleep Support Line is open Monday to Thursday 10am – 4pm

T: 0800 6565 or email

sleepsupport@sleepscotland.org

[@SleepScotland](https://www.instagram.com/SleepScotland)