

Useful links for families with disabled children and young people who have difficulties sleeping



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Sleep problems in childhood and adolescence: for parents, carers and anyone who works with young people

<http://www.rcpsych.ac.uk/healthadvice/parentsandyounginfo/parentsandcarers/sleepproblems.aspx>

This leaflet looks at the reasons behind why some children and young people have sleep problems, and offers some practical advice on how to deal with them.

Sleep needs across the lifespan

<http://sleephealthfoundation.org.au/pdfs/Sleep%20Needs%20Across%20Lifespan.pdf>

Ten tips to help your baby sleep better

<http://www.sleephealthfoundation.org.au/pdfs/facts/Tips%20to%20Help%20Baby%20Sleep%20Better.pdf>

Sleep tips for children

<http://sleephealthfoundation.org.au/pdfs/facts/Sleep%20Tips%20for%20Children.pdf>

Behavioural sleep problems in school aged children

<http://www.sleephealthfoundation.org.au/pdfs/Behavioural%20Sleep%20Problems%20in%200Children.pdf>

Nightmares

<http://sleephealthfoundation.org.au/pdfs/nightmares.pdf>

Helping your child sleep

http://www.cafamily.org.uk/media/389272/helping_your_child_sleep.pdf

Essential Guide to Sleep Problems and Autism

<http://researchautism.net/publicfiles/pdf/essential-guide-autism-sleep-summary.pdf>

