



## Sleep Resources

Further information to support both questions during the presentation and information requested post presentation can be found below.

These links include information on child/ adolescent sleep health as well as information to support adults.

### Websites:

- [\*\*The Sleep Connection\*\*](#)- Information, resources and videos relating to the presentation. Visit the solutions page for tips and where to get professional help from.
- [\*\*SleepShack\*\*](#)- Online program for sleep problems in preteens and teens
- [\*\*Woolcock Medical Institute\*\*](#)-Support information, specialists, sleep lab
- [\*\*National Sleep Foundation\*\*](#)- Sleep Research and Education.
- [\*\*The Sleep Health Foundation\*\*](#)- Key Australian website on most sleep topics
- [\*\*Blue Blockers\*\*](#)-Products to reduce your blue light exposure
- [\*\*Sleepio\*\*](#)- Sleepio is a tailored online program for adults to help improve poor sleep. [\*\*Sleepio- Expert articles & guides\*\*](#) are highly recommended reading

### Brochures:

- [\*\*Woolcock-Tips for Healthy Sleep Brochure\*\*](#)
- [\*\*Woolcock- Insomnia Brochure\*\*](#)
- [\*\*Woolcock-Snoring and Obstructive Sleep Apnea Brochure\*\*](#)
- [\*\*Woolcock-Sleep Problems in Children Brochure\*\*](#)

### Videos:

- [\*\*SBS Insight- Are we getting enough Sleep\*\*](#)
- [\*\*ABC BTN -The effect of electronic devices on our sleep\*\*](#)
- [\*\*Ask the Doctor\*\*](#)- ABC TV health series segment on sleep. Includes a Year 12 sleep deprived student called Monique who successfully progresses through Dr Chris Seton's sleep program. Now on IView
- [\*\*First on 7-Teenagers Need More Sleep\*\*](#)- Researchers who have tested teenagers found that even losing half an hour's sleep affected their grades alarmingly. Dr Andrew Rochford reports.
- [\*\*Treating adolescent DSPD\*\*](#)- ABC 6 minute segment on the treatment of a Year 10 student with DSPS.

### Articles:

- [ABC- Teenagers who use their mobile phones after lights out tend to sleep badly, leading to poorer mental health, lower self-esteem and increased problem behaviour](#)
- [SMH- Good Weekend 18 March 2017: A sleep deprivation epidemic is endangering the health and learning of our 14 year olds-and it's not just technology that's to blame](#)
- [Lack of sleep could be affecting your child's mental health.](#)

### **Smiling Minds:**

- [Smiling Mind](#)- exists to help build mental health and wellbeing, using positive and innovative tools that are accessible to all. Apps available to assist with sleep and relaxation.

### **Links Related to Technology Use:**

- **The Family Zone:** Cyber safety sorted. Protect your family on every device, everywhere.
- **NIIRA (Network for Internet Investigation and Research Australia):** NIIRA provides an Innovative, independent and future-focussed website and online community resource around Problematic Internet Use in young people. **I.M.P.R.O.V.E. tool-** to help with the assessment of internet usage (useful for students, parents and school counsellors)
- **Dr Kristy Goodwin:** Kristy's book: **"Raising Your Child in a Digital World"** and article with 4 clear reasons **Why kids can't turn off screens .**

### **Links Related to Time Management:**

- **Enhanced Learning Educational Services-** Dr Prue Salter is a study skills specialist and the founder of Enhanced Learning. Prue has specialised for the last 20 years in the area of study skills, running over 4000 seminars and creating 30 study skills worksheet sets for schools as well as creating online study skills resources for students, parents and teachers.