

Useful Websites for sleep issues

- The Children's Sleep Charity
<https://www.thechildrensleepcharity.org.uk/>
- Managing sleep problems - University of Leicester video in English (also in Urdu, Hindi, Punjabi and Bengali)
<https://www.youtube.com/watch?v=AMNcgSLMpTA&feature=youtu.be&t=5>
- Mind - how to cope with sleep problems
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/>
- The Sleep Council
<https://sleepcouncil.org.uk/>
- NHS – Sleep and tiredness
<https://www.nhs.uk/live-well/sleep-and-tiredness/>
- Cerebra Sleep resource for children with complex needs
<https://cerebra.org.uk/download/sleep-a-guide-for-parents/>
- The National Autistic Society
<https://www.autism.org.uk/about/health/sleep.aspx>
- Autism Helpline
<https://www.autism.org.uk/services/helplines/main.aspx>
- Autism Services Directory – for details of local support groups, NAS branches
<https://www.autism.org.uk/services/autism-services-directory.aspx>
- ISIS: Infant Sleep Information Source
<https://www.basisonline.org.uk/>
- Scope Sleep Solutions
<https://www.scope.org.uk/family-services/sleep-right/>
- Sleep Scotland
<https://www.sleepscotland.org/>
- For information on establishing routines available from:
 - www.parenting.org
 - <http://kidshealth.org>
 - www.supernanny.co.uk
 - www.parents.com