

Sleep Signposting

Contents

General Support	1
Insomnia-Specific Support	2

General Support

- **NHS** (info/Signposting) have a range of tips and videos to help with sleep, such as guided meditation, information on proper sleep practices, and how stress affects sleep.
<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/how-can-meditation-help-with-sleep/>
<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>
- **The Sleep Charity** (info/helpline/advocacy) provides advice on how to sleep better, and offers a range of support to sleep better, and raise awareness of how important sleep is to health and wellbeing. They also have a sleep helpline if you need urgent help with your sleep.
<https://thesleepcharity.org.uk/>
 - Phone: 03303 530 541
 - Mon & Wed 09:00-11:00; Tue and Thur 19:00-21:00 (Not open on bank holidays)
- **Mind** (info). Mind has a range of information on the types of sleep issues people may have, the causes of sleep problems and tips to improve sleep.
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/sleep-and-mental-health/>
- **Sleepstation** (Therapy, referral needed). Sleepstation provides a range of digital sleep support problems, from guided self-help to structured support programmes. They can help with the referral process to be referred to their digital sleep clinic for assessment and advice. In order to access the service, you need to have a referral via a GP in Durham.
<https://www.sleepstation.org.uk/>
 - Referral:
<https://access.sleepstation.org.uk/request-nhs-access/gp-referral-request/?site-id=7812>
- **YoungMinds** (info) has an article about some tips and tricks on what to try if you're struggling to sleep.
<https://www.youngminds.org.uk/young-person/blog/what-to-do-if-you-re-struggling-to-sleep/>

- **Teen Sleep Hub** (info) offers a free e-book with a diverse amount of information, advice, hints, and tips to help young adults get a better night's sleep.
<https://teensleephub.org.uk/>
- **Headspace** (app). Headspace is an app that provides courses and support for a range of issues, such as sleep issues, providing sleep sounds, guided meditations, and bedtime stories to help with a better night's sleep.
<https://www.headspace.com/>
- **BetterSleep** (app, free 7 day trial, then paid). BetterSleep has a range of tools and content aimed at enhancing sleep habits, such as providing sleep sounds, music playlists, and bedtime stories to help with a better night's sleep.
<https://www.bettersleep.com/>

Insomnia-Specific Support

- **Sleepstation** (therapy, referral needed). Sleepstation provides a range of digital sleep support problems, from guided self-help to structured support programmes. They can help with the referral process to be referred to their digital sleep clinic for assessment and advice.
<https://www.sleepstation.org.uk/>
 - Referral:
<https://access.sleepstation.org.uk/request-nhs-access/gp-referral-request/?site-id=7812>
- **The Sleep Charity** (info/helpline/advocacy) provides information on Insomnia, such as the types, causes and symptoms of insomnia, and the range of treatments available to you. They also have a sleep helpline if you need urgent help with your sleep.
<https://thesleepcharity.org.uk/adults/sleep-disorders/insomnia/>
 - Phone: 03303 530 541
 - Mon & Wed 09:00-11:00; Tue and Thur 19:00-21:00 (Not open on bank holidays)
- **Sleepio** (therapy/app). Sleepio is a therapy app that allows you to identify your sleep issues and build a treatment programme specialised to you. It is covered by NHS projects.
<https://www.sleepio.com/sleepio/nhs/391#1/1>
- **NHS** (info). Provides a range of information on insomnia, such as the types, causes and symptoms of insomnia, and the various treatments to help. They also provide information on when you need to see a GP, and the ways that the GP could help via treatment of insomnia.
<https://www.nhs.uk/conditions/insomnia/>