

Good morning,

Sleep Scotland is a charity which provides sleep support and information to Scottish families with children and young people aged between 18 months and 18 years old. At this challenging time, we're aware that sleep is a problem for many young people. We'd like to highlight the support we can provide:

- Our website offers **advice on sleeping well** and why this is important - you can find this under the 'Gateway to Good Sleep' section at www.sleepscotland.org/support/gateway-to-good-sleep/
- For teenagers, our '**Teen Zone**' provides more tailored sleep advice at www.sleepscotland.org/education/teen-zone. From the Sound Sleep section at www.sleepscotland.org/education/sound-sleep/ you can also download some sleep resources specially designed for teenagers - including advice on how to sleep well, a sleep diary, and suggested relaxation techniques.
- Our free telephone **Sleep Support Line** is still operating remotely. Parents, carers, or young people themselves can email us at sleepsupport@sleepscotland.org - we can then contact them to offer support by telephone or, if they prefer, by email. Our website provides more information on the Sleep Support Line at <https://www.sleepscotland.org/support/sleep-counselling/sleep-support-line/>.

Please do pass this information on to any of your students or families who would find it useful.

- For teachers, we are also excited to announce the launch of a new online training course. **Sound Sleep Online** is adapted from Sleep Scotland's popular Sound Sleep training day. Everyone who attends via Zoom will receive a teaching resource pack for professionals working with school-aged children and teenagers, to raise awareness of the importance of sleep for emotional and physical wellbeing. If you would like more information on Sound Sleep, please email us at training@sleepscotland.org to be added to our mailing list. You can also find more details on our website at www.sleepscotland.org/training/upcoming-course-dates/ where we will soon be adding new training dates.

If you have any questions about any of our services, please don't hesitate to contact us.

Best regards,

Sleep Scotland

Sleep Support Department

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