

WELCOME

HERE TO HELP YOUR STUDENTS SLEEP BETTER

At the beginning of October we launched our new Teen Sleep Hub, as part of our Teen Sleep Matters campaign, thanks to funding we received from the National Lottery Community Fund and Coronavirus Mental Health Response Fund (administered by the charity, Mind, in partnership with the Mental Health Consortia).

The Teen Sleep Hub is a hive of information around sleep aimed at teens (not their parents) and includes a downloadable eBook. We were supported on this project by our amazing Youth Advisory Panel, made up of young people aged between 13 and 19, across the country. It has been a great success so far with 2,900+ visits to the site and in excess of 4,000 downloads of the eBook.

We have been working extremely hard on Phase 2 of this campaign to produce a secondary school pack to help you ensure sleep becomes an important part of your student's overall health and wellbeing. These resources can be used with Key Stage 3 or 4 and tackle the reasons why young people don't sleep well, the impact of sleep deprivation and encourages students to think about the small changes they could make to sleep better.

In this pack you will find:

- A selection of seven posters that could be put up in classrooms, in toilet facilities or any other communal areas
- Five video links that you could share electronically with students or add to any health and wellbeing pages you may have on your website or internal platforms
- An advice sheet that can be printed and handed out or sent to students (and parents) electronically. This could also sit on your school website.

Thank you for your support. Please do get in touch if you have any questions.



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DOWNLOADABLE & ONLINE RESOURCES

POSTER PACK

Download and print our posters for your school communal areas, toilets, classrooms and corridors.

[DOWNLOAD POSTER PACK >](#)

ADVICE SHEET:

This two sided, A4 advice sheet can be printed and folded and provided to young people and their parents, or you could add this to your website and online platforms.

[DOWNLOAD ADVICE SHEET >](#)
DIGITAL/ONLINE VERSION

[DOWNLOAD ADVICE SHEET >](#)
PRINT VERSION

HINTS & TIPS VIDEOS:

We have developed a series of online top tips videos for the 5 key subjects around sleep and wellbeing. **To share on social media, please ensure you use the YouTube links** below or you can **download the videos from the Vimeo links** and add to your website, present these in assemblies or use them as part of PSHCE:

Download Links

Anxiety: <https://vimeo.com/469731304>

Screentime, social media & peer pressure: <https://vimeo.com/470143055>

Delayed sleep phase: <https://vimeo.com/470207218>

Time: <https://vimeo.com/470652654>

Lack of routine: <https://vimeo.com/471051189>

Social Sharing Links:

Anxiety: <https://youtu.be/VjwNTSSm6t8>

Screentime, social media & peer pressure: <https://youtu.be/YstLSFJLW9o>

Delayed sleep phase: <https://youtu.be/svtVlxMjcjw>

Time: <https://youtu.be/esdvzY6LgXs>

Lack of routine: https://youtu.be/AyEoL_PmYAE

SUPPORTERS PACK:

We also have a handy pack of social media assets, imagery, information and samples of our eBook. Feel free to download and browse through this.

[DOWNLOAD SUPPORTERS PACK >](#)

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