

## Self Help Resources – Useful sites & Information

### Sleep

Have you looked at our list of **Apps**?

**The Sleep Council** provides helpful advice and tips on how to improve sleep quality and create the perfect sleep environment. Based on information you supply in a quiz, it offers a 30 day better sleep plan.

[www.sleepcouncil.org.uk/](http://www.sleepcouncil.org.uk/)

**Sleep Education** provides information and resources about healthy sleep and sleep disorders.

[www.sleepeducation.org/](http://www.sleepeducation.org/)

**Sleeping Well** – A Royal College of Psychiatrists leaflet that covers sleep problems and tips on how to sleep better, and how to decide if you need more help.

[www.rcpsych.ac.uk/healthadvice/problemsdisorders/sleepingwell.aspx](http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/sleepingwell.aspx)

**How to Sleep Better – Fixing Insomnia** – A YouTube video about insomnia and how to deal with it.

[www.youtube.com/watch?v=Ok93skBEXa0](http://www.youtube.com/watch?v=Ok93skBEXa0)

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