



# Sleep

## > SLEEP

### What is normal sleep?

This is a hard one – what is normal sleep? What are normal habits? How can I adjust my child's sleeping habits?

These are questions lots of professionals get asked a lot! Sleep is hard because everyone needs different amounts and we all get varying quality as well.

*Some more information on Sleep is listed below. You can check out our blog post on [how to promote sleep](#) here.*



**Check out our information on sleep here!**

This is a link to our Teachers Pay Teachers information sheet on sleep and why it is important!

[Click Here](#)

Sleepwise

**Why we love it ♥**

Sleepwise—A Resource Manual is a valuable resource for allied health workers supporting the families/carers of young children (under six) with developmental delay. It outlines a comprehensive approach to supporting children's sleep, including individual sleep plans and family support.

We use this every time we are talking about sleep!

### **Who's it best for ??**

Parents, and Therapists

### **Cost £ \$ €**

\$220

### **⇒ Where to get it?**

Click on the image to be taken their website directly!



NHS – Childrens Sleep Page

### **Why we love it ♥**

This website has lots of great links to a various ages and what to expect with sleep, as well as great tips and reasons why your child may be tired.

### **Who's it best for ??**

Parents, and Therapists, Teachers, Support Workers

### **Cost £ \$ €**

FREE

⇒ **Where to get it?**

Click on the image to be taken their website directly!



The Sleep Council

**Why we love it ♥**

Established since 1995, The Sleep Council is an impartial organisation that looks at how you can adopt healthier sleep habits and focuses on raising awareness of a good night's sleep to health and wellbeing.

They also provide helpful advice and tips on how to improve sleep quality from children, teens through to adults and how to create the perfect sleep environment.

**Who's it best for ??**

Parents, and Therapists

**Cost £ \$ €**

FREE

⇒ **Where to get it?**

Click on the image to be taken their website directly!



The Sleep Council  
helping you get a better night's sleep

Raising Children's Network – Sleep

**Why we love it ♥**

A great website with lots of information about typical children's development. This link is to their page related to sleep issues in children that have Autism.

**Who's it best for ??**

Parents

**Cost £ \$ €**

FREE

**⇒ Where to get it?**

Click on the image to be taken their website directly!

