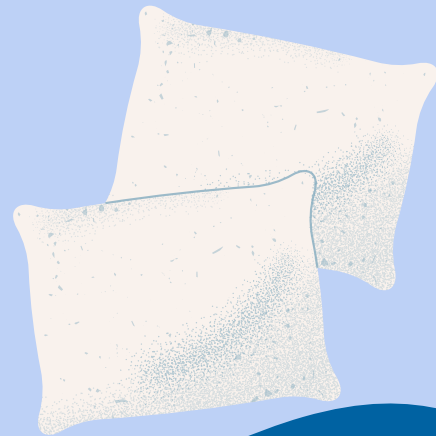


Sleep

BAYCROFT STAFF HAVE BEEN THINKING ABOUT AND RESEARCHING HOW TO IMPROVE THE QUALITY OF THEIR SLEEP



WE RECENTLY HAD AN INSET SESSION WHERE STAFF RESEARCHED SOME OF THE AVAILABLE ADVICE AND INFORMATION. CLICK THE LINKS BELOW TO SEE SOME OF THE USEFUL SITES THAT WE FOUND.

[THE SLEEP CHARITY](#)
[FOR ALL THINGS SLEEP RELATED](#)

[TEEN SLEEP HUB](#)
[FOR INFO AIMED AT TEENAGERS AS WELL AS THOSE WHO LIVE WITH THEM](#)

[SLEEP INFORMATION FOR TEENS](#)

[AUTISM AND SLEEP](#)

[ADHD \(ATTENTION DEFICIT HYPERACTIVITY DISORDER\)](#)
[AND SLEEP ADVICE](#)

[DOWN SYNDROME AND SLEEP](#)

[SLEEP/WAKE PHASE DISORDER](#)

[LAURA RICHARDS \(OUR THERAPEUTIC LEAD\)](#)
[IS A "SLEEP TALKER"](#)

[SUPPORTING PUPIL MENTAL HEALTH AND SCREENTIME](#)

WE KNOW THAT IF SOMEONE IS FINDING IT DIFFICULT TO GET TO SLEEP, OR TO STAY ASLEEP, IT CAN AFFECT EVERYONE IN THE FAMILY.

IF YOU HAVE ANY THOUGHTS, QUESTIONS, USEFUL ADVICE THAT YOU WOULD LIKE TO SHARE, PLEASE CONTACT ME BY CLICKING THE LINK BELOW:

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