

Compass



 **Connect
for Health**
Your school nursing service

Sleep support for families

A lack of sleep can have an impact on emotional, physical and mental health. This resource aims to provide information and advice on sleep, and ensure families are aware of the available support.



The Sleep Charity

They are one of the leading, independent expert voices on sleep issues in the UK who aim to help everyone get a better night's sleep. They offer advice, education or support for children, teenagers, adults, workplaces and professionals. Visit their website [here](#).



Teen Sleep Hub

Teens and parents can find advice on how to sleep better. Information includes tips on tweaking routine or help to understand the science behind sleep patterns. There is a downloadable eBook, blogs, leaflets and videos available. Visit their website [here](#).



Connect for Health support

If you would like support from Connect for Health, the Warwickshire School Nursing Service you can contact us on the following contact numbers.



Text Parentline (parents/carers): **07520 619 376**

Call us: **03300 245 204**

Email us: **connectforhealth@compass-uk.org**

Visit our website & download our referral form - scan here or visit compass-uk.org/c4h

