



livingripples
Empower • Support • Connect



Sleep-related School Resources Guide

ReachOut

Key resource page:

<https://schools.au.reachout.com/student-wellbeing/helping-students-to-get-better-sleep>

Importance of Sleep for Students classroom lesson/activity:

<https://schools.au.reachout.com/resilience/the-importance-of-sleep-for-students>

Sleep Health Foundation

Freely available factsheets on a wide range of sleep topics: <https://www.sleephealthfoundation.org.au/all-sleep-factsheets-a-z>

School aged children:

<https://www.sleephealthfoundation.org.au/sleep-disorders/sleep-problems-and-sleep-disorders-in-school-aged-children>

Sleep tips for children:

<https://www.sleephealthfoundation.org.au/sleep-topics/sleep-tips-for-children>

Sleep and technology:

<https://www.sleephealthfoundation.org.au/sleep-topics/technology-and-sleep>

Teenage sleep:

<https://www.sleephealthfoundation.org.au/sleep-topics/teenage-sleep>

Sleep Ninja App

Sleep Ninja is a free, evidence based smartphone app produce by the Black Dog Institute that is aimed at helping young people with sleep problems:

<https://www.blackdoginstitute.org.au/sleep-ninja/>

The Sleep Connection

The Sleep Connection provide programs for school students, parents and staff. The student programs include:

- One-part presentation (60min)
- Two-part presentation and workshop over two different days (60min each)
- One combined presentation and workshop on the same day (90min)

The staff presentation (60-90min) provides tips and a whole school approach to being a "sleep smart school"

The website also provides access to a free guide offering 12 practical strategies to make your school a "Sleep Smart School."

<https://thesleepconnection.com.au/schools/>

Smiling Mind

Smiling Mind have produced a number of resources including a Sleep Checklist for Kids, and the Smiling Mind App. The free app is *not* specifically designed for children to use, but provides adults with a range of sleep tools for children.

<https://www.smilingmind.com.au/better-sleep>

Raising Children Network

Raising Children Network provide an extensive range of fact sheets and practical resources that cover many sleep related topics.

For children aged 5-8 years:

<https://raisingchildren.net.au/school-age/sleep>

For children aged 9-11 years:

<https://raisingchildren.net.au/pre-teens>

For youth aged 12-18 years:

<https://raisingchildren.net.au/teens>