



# SLEEP RESOURCES

These links include post presentation information on child and adolescent sleep health, along with information to support adult sleep health.

There are also links related to: technology use; sleep and sport performance; study skills and time management; along with mental health and wellbeing tools via Smiling Mind.

## Websites with sleep information and tips

- **The Sleep Connection-** Information, resources and videos relating to the presentation. Visit the solutions page for tips and advice on where to get professional help.
- **The Sleep Health Foundation-** Key Australian website on most sleep topics.

## Where to get professional help

To see a sleep specialist or sleep psychologist you require a referral from your GP. However, online programs can usually be self-referred.

- **Sleep Shack-** an online program for sleep problems in pre-teens and teens.
- **Sleepio-** an online program tailored for adults, to help improve poor sleep. **Sleepio-Expert articles & guides** are highly recommended reading.
- **Queensland Children's Lung and Sleep Specialists-** can assist with any sleep problems of childhood, from infants to teenagers.
- **Other-** Your GP will be able to point you in the right direction for the most relevant and local sleep specialists and/ or sleep psychologists.

## Tools

### **Products to reduce your blue light exposure:**

- **Block blue light-** information and blue blocking products including glasses which block approx. 95% of blue light (use this code to give you a discount: THE SLEEP CONNECTION).
- **Baxter Blue Glasses-** block approx. 50% of blue light.

### **Sleep Diary:**

- **The Sleep Connection-** printable sleep diary. The two-week sleep diary is quick and easy to fill out, taking only a couple of minutes each day to complete.

### **Sleep Calculator:**

- **Sleep Calculator-** by the National Sleep Foundation.

## Videos

- **ABC BTN -**The effect of electronic devices on our sleep (3.5 mins).
- **ABC iView "Ask the Doctor" Sleep Episode-** (30Mins) ABC TV health series segment on sleep. Includes a story of a Year 11 sleep deprived student, Monique, who successfully progresses through Dr Chris Seton's sleep program.
- **Teen Sleep Animation** (2 mins)

- **Treating adolescent DSPD-** (6mins) ABC segment on the treatment of a Year 10 student with Delayed Sleep Phase Syndrome.

## Smiling Minds

- **Smiling Mind-** exists to help build mental health and wellbeing, using positive and innovative tools that are accessible to all. Mindfulness apps available to assist with sleep and relaxation.

## Technology Use

- **The Family Zone-** Cyber safety sorted. Protect your family on every device, everywhere.
- **Dr Kristy Goodwin-** Digital wellbeing & productivity researcher | speaker | author | consultant  
Kristy's book: **Raising Your Child in a Digital World**
- **Jocelyn Brewer-** is a registered psychologist with a special interest in the psychology of technology. In 2013 created Digital Nutrition™ to help guide best-practice, balanced tech use and healthy relationships with digital devices. Subscribe from this link to her newsletter for the latest information.
- **Dr Phillip Tam-** is an adolescent psychiatrist who specialises in Internet Overuse Problems. Together with Knox Grammar School he has put together the **Healthy Digital Diet Podcasts**
- **NIIRA (Network for Internet Investigation and Research Australia)** NIIRA provides an Innovative, independent, and future-focussed website and online community resource around Problematic Internet Use in young people. **I.M.P.R.O.V.E. tool-** to help with the assessment of internet usage (useful for students, parents, and school counsellors).

## Study skills & Time Management

- **Enhanced Learning Educational Services-** Dr Prue Salter is a study skills specialist and the founder of Enhanced Learning. Prue has specialised for the last 20 years in the area of study skills, running over 4000 seminars and creating 30 study skills worksheet sets for schools as well as creating online study skills resources for students, parents and teachers.

## Sleep & Sports Performance

- **Dr Matthew Walker-** (Director of U.C. Berkeley's Centre for Human Sleep Science)-The Secret to Improving Your Metabolism, Reaction Time, and Longevity.
- **Sleep4Performance-** The Next Level in Human Performance.