



Sleep Action have trained sleep counsellors who can provide help for parents, carers and other family members, offering advice and support on good sleep practices for all children aged over 18 months living in Scotland. Teenagers can also make contact themselves but pastoral care teachers can support with this.

Pastoral care staff are trained in commissioned sound sleep training and deliver sleep action resources in Social Education classes at all stages. We can offer advice on healthy sleep routines for teenagers and positive attitudes so that young people can thrive and achieve their potential in school.

<https://sleepaction.org/>