



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; 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.
- **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. 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.
- **Woolcock Paediatric Sleep Clinic-** Australia's specialist Paediatric and Adolescent Sleep Service which assesses and manages all sleep disorders in children and teenagers. The team includes sleep specialists, psychologists, psychiatrists, and ENT's.
- **Woolcock Adult Sleep Clinic-** a world-leading medical centre, based in Glebe, specialising in the diagnosis and treatment of all sleep and breathing disorders.
- **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: THESLEEPCONNECTION).
- **Baxter Blue Glasses-** block approx. 50% of blue light.

Sleep Diary:

- **The Sleep Connection-** printable sleep diary. Get a picture of your whole family's sleep health. 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.

Sleep and Technology Use

- **How Does Technology Affect Sleep?** – The impact of technology sleep and tips to reduce the impact.

Dr Kristy Goodwin: Simple Solutions to Stop Screens Sabotaging Sleep- The 5 Reasons digital devices can compromise sleep and what we can do about it.

Digital Wellbeing & Cyber Safety

- **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**

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.

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.

Sleep & Menopause

- **Sleep Hub: Sleep Talk- Episode 39 Menopause** with Dr David Cunnington (Sleep Physician), Dr Moira Junge (Health Psychologist) and Dr Sonia Davison, (Endocrinologist and expert in Women's Health). Menopause is a time of significant changes in sleep, as well as a range of other symptoms. Why does this occur and how can symptoms be addressed?
- **The Sleep Doctor-** How menopause affects sleep
- Meet Wendy Sweet as she discuss **the menopause jigsaw, with more of a “healthy aging science” perspective** with the option of watching **My Menopause Transformation Masterclass**