

# 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**

- <u>Dr Matthew Walker-</u> (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