

SLEEP PROBLEMS

Mental Health Foundation

Information guide about sleep problems and advice for sleeping better
<https://www.mentalhealth.org.uk/publications/how-sleep-better>

Mind

Information and advice about sleep problems
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/sleep-problems/>

NHS

Information about insomnia, with a sleep self-assessment tool
<https://www.nhs.uk/conditions/insomnia/>

Every Mind Matters

Information and resources about sleep problems
<https://www.nhs.uk/oneyou/every-mind-matters/sleep/>
Tips to help fall asleep faster and better
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-how-to-fall-asleep-and-sleep-better/>

Royal College of Psychiatrists

Information on sleep problems and sleeping well
<https://www.rcpsych.ac.uk/mental-health/problems-disorders/sleeping-well>