

## SEMH SPOTLIGHT – Sleep and the impact on young people’s learning and wellbeing

This spotlight accompanies the Warwickshire Educational Psychology Service short webinar on Sleep and the impact on young people’s learning and wellbeing. The webinar can be accessed through the website: <https://www.warwickshire.gov.uk/educationalpsychology>



### 1) Who Can Provide Support:

- **National Sleep Helpline:** 03303 530 541 / [www.thesleepcharity.org.uk](http://www.thesleepcharity.org.uk)
- **Warwickshire 0-5 Service:** advice provided on individual basis (telephone or face-to-face). See: <https://www.swft.nhs.uk/our-services/warwickshire-0-5-services>
- **Early Support**, including the Sleep Right and Sleep Better programmes, as appropriate: <https://www.warwickshire.gov.uk/children-families/early-help-warwickshire/1>
- **Warwickshire Family Information Service:** 0800 408 1558
- **SENDIASS Warwickshire:** 01788 593 159
- **NHS sleep clinics** in [Coventry](#) and Rugby via referral
- **Birmingham sleep clinic (private):** <https://midlandhealth.co.uk/sleep-clinic/>
- **Sleep clinic at Family Matters in Henley in Arden (private):** <https://www.familymattersinwarwickshire.co.uk/>
- **Sarah’s Sleepyheads (private):** <https://www.facebook.com/reteasysleepsoundly/>

### 2) Additional Resources:

- **The Sleep Charity:** [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk)
- **Cerebra Sleep Advice Service:** [www.cerebra.org.uk](http://www.cerebra.org.uk), and [www.cerebra.org.uk/get-advice-support/sleep-advice-service/](http://www.cerebra.org.uk/get-advice-support/sleep-advice-service/)
- **The Teen Sleep Hub:** [www.teensleephub.org.uk](http://www.teensleephub.org.uk)
- **Davies & Beeler (2018)** – *Helping your Child Sleep. Information for parents of disabled children.* Also available via [this link](#).
- **Dunelm**, tips and tricks for students to embrace the power of sleep for wellbeing and learning: <https://www.dunelm.com/info/40-tips-for-uni-students-to-optimize-their-sleep>
- **Walker, M (2017)** – *Why We Sleep.*

Please note that information is subject to change and the authors cannot take responsibility for any advice obtained from third parties. Information collated July 2025.