

## **ACHD Psychology Resources:**

### **Sleep hygiene/ insomnia**

#### **Useful resources:**

The Somerville Foundation (*ACHD specific support for mental health*)

<https://thesf.org.uk/wp-content/uploads/2018/10/Sleep-Booklet-September-2011.pdf>

ACHD Network website (*ACHD network wide support for mental health*)

<https://www.swswchd.co.uk/image/page/HowDoIManageInsomnia-1.pdf>

Mood Juice (*website and downloadable sleep self-help guides*)

<https://www.moodjuice.scot.nhs.uk/SleepProblems.asp>

Mind (*contains information and tips entitled 'How to cope with sleep problems'*)

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/#.V1V7NzUrJhE>

British Heart Foundation (*tips on dealing with insomnia*)

<https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/dealing-with-insomnia>

## ACHD Psychology Resources:

### Sleep hygiene/ insomnia

#### **Useful resources: (Apps/webinars/Podcasts etc)**

##### **Apps**

##### 1. Pzizz (NHS Accredited)

*Free when purchased from the app store. Uses dreamscapes, a mix of music, voiceovers and sound effects designed using the latest clinical research to help you sleep better at night*

##### 2. Sleepstation (NHS Accredited)

*Free with referral from the NHS. Sleepstation is a 6-week online course for people who struggle to fall asleep or stay asleep through the night. The course is tailored to your needs, using the information you provide, and gives you access to a team of sleep experts who will offer helpful advice and support throughout*

##### 3. Headspace Sleepcasts

*Free when purchased from the app store. Sleepcasts are 45-55 minute-long audio experiences (kind of like adult bedtime stories) that help you visualize calming experiences, like a slow moving train or a walk through a garden. There are new stories every night, so you you'll never get bored. If you upgrade to the paid version, you'll get access to more than 40 themed meditation courses (like for sleep and stress), plus many more sleepcast and music options to help you wind down*

##### 4. Tide

*Free when purchased from the app store. Falling asleep is a close cousin to staying focused: when you let your mind wander too much at night, you can keep yourself from relaxing and falling asleep. The Tide app combines these two skills (yes, falling asleep quickly can sometimes feel like a skill!) by giving you tools like timers, breathing exercises, pre-recorded sounds, and meditation practices to relax your body and help you focus on sleeping when you need to*

## Videos

1. What is Sleep Hygiene and How Can We Improve It -

<https://www.youtube.com/watch?v=Fpoa8siZYk0>

2. How to Improve Sleep When Feeling Anxious or Worried -

<https://www.youtube.com/watch?v=wkGWwyrCoRs>

3. Effect of Sleep Loss on the Body –

<https://www.youtube.com/watch?v=Y-8b99rGpkM>

4. YouTube Headspace -

[https://www.youtube.com/playlist?list=PLW8o3\\_GFoCBOAwXWmQYN2iSBCjVLyNYz0](https://www.youtube.com/playlist?list=PLW8o3_GFoCBOAwXWmQYN2iSBCjVLyNYz0)

5. YouTube Calm 7 Days of Sleep Challenge

<https://www.youtube.com/watch?v=Cbh6WVXPpW8&list=PLgdxvG3UlbfkKhW0dJBOKJyyGeNvCHdB>

*(The 7 days of sleep challenge YouTube videos include relaxation exercises like the body scan, deep breathing, sleepscapes and sleep music )*

6. YouTube Calm Sleep Stories –

<https://www.youtube.com/playlist?list=PLgdxvG3Ulbiez-dGupy23jh1lITkDxy7i>

7. Guided Mindfulness Meditation for Sleep –

<https://www.youtube.com/watch?v=ROzhPtg-91g>

## Podcasts

1. Moodzone Sleep Problems (NHS) –

<https://www.youtube.com/watch?v=AwlfS2yDJN0>

*(A short podcast style video available on YouTube in which Dr Chris Williams explains what you can do to give yourself the best chance of a good night's sleep)*

## 2. Nothing Much Happens

<https://www.nothingmuchhappens.com/stories>

*Yoga and meditation teacher Kathryn Nicolai reads you to sleep with bedtime stories where “nothing much happens” during her roughly 20-minute podcasts of the same name. “Bedtime stories are like a soft nest for the mind,” she notes on the show’s website, which succinctly explains how the podcast works: “You feel good and then you fall asleep.”*

## 2. Slow Radio

<https://www.bbc.co.uk/programmes/p05k5bq0>

*BBC Radio 3’s “Slow Radio” calls itself an “antidote to today’s frenzied world,” and it really is just that. Each episode taps into a different audio world, bringing listeners soundscapes from around the planet. Think of it as a more intellectual version of the traditional white noise offerings*

## Online Webinars

1. BUPA Improving Sleep Webinar - <https://www.youtube.com/watch?v=g-z0TT236hl>
2. Overcoming Sleep Problems Webinar - <https://www.youtube.com/watch?v=YV1S01Fbsr4>

## Self-Help Guides

1. NHS Scotland Sleep Problems Self Help Guide - <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/sleep-problems-and-insomnia-self-help-guide>
2. NHS 10 Tips to Beat Insomnia - <https://www.nhs.uk/live-well/sleep-and-tiredness/10-tips-to-beat-insomnia/?tabname=sleep-tips>
3. Moon Juice Sleep Self Help Guide - <https://www.moodjuice.scot.nhs.uk/sleepproblems.asp>

