



Who are we and what do we do?

UK©CS

Registered with the UK Copyright Service

1998: Founded as Sleep Scotland

- Founded by a parent in Edinburgh
- Set up thanks to a grant from the National Lottery
- Evidence-based ethos and practice
- Focus on practical support
- Early work – training with experts in their field





- UK's oldest sleep charity with over 27 years experience
- Training professionals across the UK and Ireland (and beyond!)
- Sleep Support Line across Scotland
- Manifesto – Making Sleep a Core Part of Scotland's Curriculum
- Research

Because **there is no health and wellbeing without sleep**





Why Sleep?

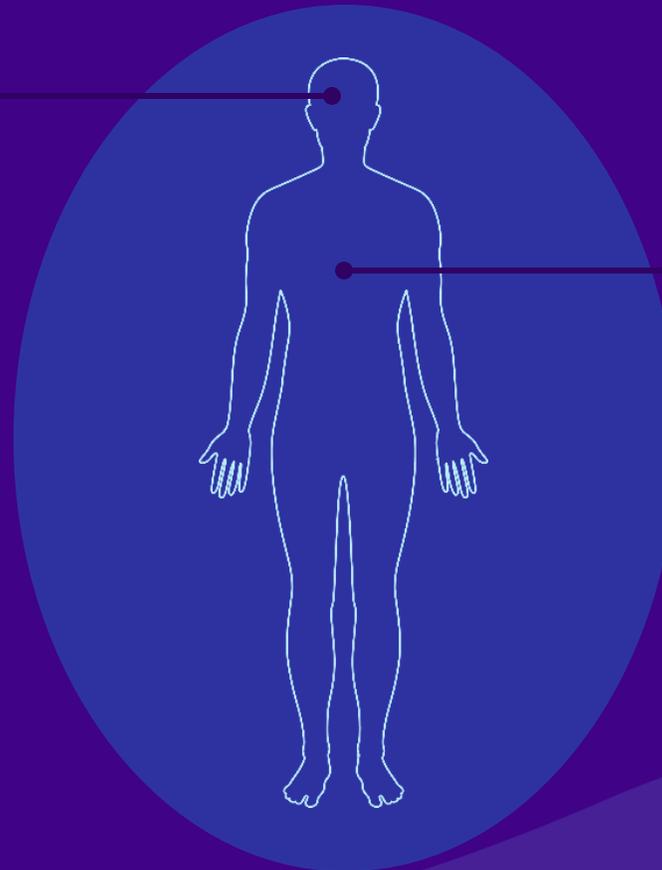
What happens when you sleep?

Memory consolidates

Toxins cleared from the brain

Emotions processed

**During sleep,
our body and brain
are very busy**



Growth hormone released

Muscle mass builds and bone density increases

Repair and renewal of cells

Immune system strengthens

Hormones released to maintain a healthy appetite



Feel healthier and more energised



Stronger relationships



Greater resilience and reduction in stress



Feel in control of your emotions



Improved appetite and make better food choices



Improved mood



Enhances concentration and cognitive function



Better decision making and reduction in errors



Enhanced concentration increases creativity and innovation

- Chronic sleep deprivation is associated with significant risks of **behavioural problems**, impaired **cognitive development** and **learning** abilities, poor **memory**, **mood disorders** and **school problems**
- We believe that sleep advice can be useful for all families, but especially to families of children with complex or additional needs
- Vital to always consider a sleep disorder in children and young people with complex or additional needs

Sleep difficulties among children with complex additional needs are common

- Up to **80%** of children with neurodevelopmental disorders are reported to have disrupted sleep
- Sleep disorders are complex, persistent
- Sleep problems in NDDs significantly affect family wellbeing

(Blackmer AB, Feinstein JA. 2016)

Sleep Action's aims

- Improve the quality of life for families of children by providing the most appropriate intervention
- Increase the opportunities for children, young people and adults to reach their potential and thrive
- Raise awareness of the impact of sleep deprivation on the health and wellbeing of everyone



How do we do it?

- Sleep Support Line in Scotland
- Sleep training and support for multi-professional practitioners
- Sound Sleep programme for schools
- Raise the profile of sleep



Support for families

Sleep Support Line

- Set up in 2017 – Edinburgh, Lothians, and Clackmannanshire
- 2018 – We went national
- 2020 – Remote working and waiting list

How the Line Works

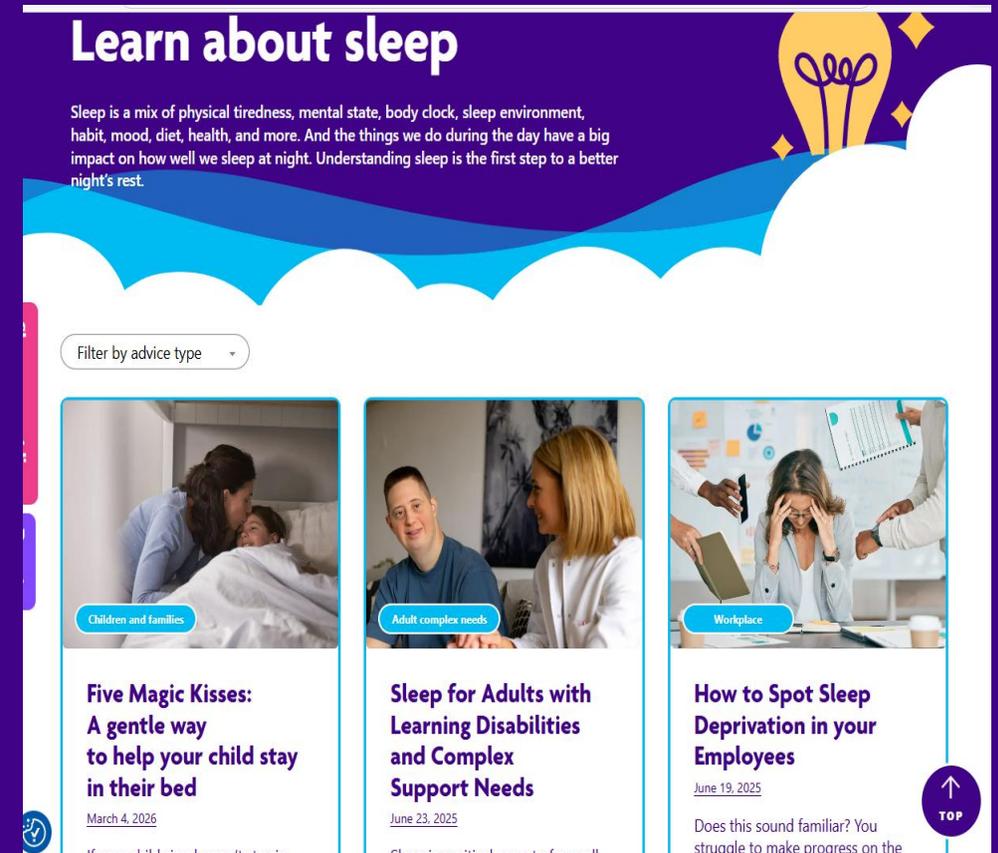
- Available for one to one advice regarding any child or young person living in Scotland aged 18months to 18 years
- We can advise the parents, carers or the young person themselves
- Process supportive, non judgmental and tailored to meet the needs of the child or young person
- No diagnosis required



**Scottish Sleep Support Line – 18
months to 18 years**
sleepsupport@sleepaction.org

Free Resources

- [Sleepaction.org/learn-about-sleep](https://sleepaction.org/learn-about-sleep)
- Resources on sleep covering adults children, teens, pregnancy and individuals with additional or complex needs

A screenshot of the Sleep ACTION website's "Learn about sleep" page. The page has a dark blue header with a light blue lightbulb icon. Below the header is a white section with a blue decorative border. A "Filter by advice type" dropdown menu is visible. Three article cards are displayed: "Five Magic Kisses: A gentle way to help your child stay in their bed" (March 4, 2026, Children and families), "Sleep for Adults with Learning Disabilities and Complex Support Needs" (June 23, 2025, Adult complex needs), and "How to Spot Sleep Deprivation in your Employees" (June 19, 2025, Workplace). A "TOP" button is in the bottom right corner.

Learn about sleep

Sleep is a mix of physical tiredness, mental state, body clock, sleep environment, habit, mood, diet, health, and more. And the things we do during the day have a big impact on how well we sleep at night. Understanding sleep is the first step to a better night's rest.

Filter by advice type ▾

Children and families

Five Magic Kisses: A gentle way to help your child stay in their bed

March 4, 2026

If your child simply won't stay in...

Adult complex needs

Sleep for Adults with Learning Disabilities and Complex Support Needs

June 23, 2025

Sleep is a critical aspect of overall...

Workplace

How to Spot Sleep Deprivation in your Employees

June 19, 2025

Does this sound familiar? You struggle to make progress on the

↑ TOP



Sleep Action training courses

Training for professionals in different contexts

- **Sleep Awareness**

Developed for professionals supporting typically developing children and young people.

- **Sleep Counselling**

Developed for professionals with the skills and resources necessary to set up and run a sleep counselling service for either children, young people, or adults with additional support needs.

Educational Training

Sound Sleep

- Aimed at professionals working with school-aged children or young people in an education setting
- Both primary and secondary
- Comprehensive pack of resources, such as lesson plans and presentations to enable professionals working in schools to implement sleep lessons in primary or secondary schools.

Healthy Sleep Workshops and Webinars

- Designed to promote the importance of healthy sleep for health and wellbeing
- Learning about the importance of sleep and its impact on physical and mental health
- Provides good sleep hygiene knowledge and practical tips to improve their own sleep
- 60-minute webinar or workshop
- Options tailored for parents or carers



**There is no
health and
wellbeing
without sleep**

Formerly Sleep Scotland

sleepaction.org

[#sleepaction](https://twitter.com/sleepaction)



Questions?