

SLEEP RESOURCES

Radio programmes

Michael Mosely's *Just One Thing*

5 episodes on sleep – each focusing on a different thing you can do to improve your sleep, from breathing exercises, controlling body temperature, the role of sunlight, stimulus control therapy and assessing how much sleep you really need.

<https://www.bbc.co.uk/programmes/articles/5vMxkF64jplCjgzVhb7B5R/my-five-tips-to-help-improve-your-sleep>

<https://www.bbc.co.uk/programmes/articles/ISpHWbqspSMb9NHjBy3VT5d/six-secrets-to-a-good-night-s-sleep>

Mysteries of sleep

Series in which neurologist Dr Guy Leschziner explores various sleep disorders including common disorders such as sleep apnea and restless leg syndrome – which often go undiagnosed. He also looks at the link between depression and anxiety and insomnia and provides an interesting exploration of less common sleep disorders such as sleep paralysis, delayed sleep phase disorder, sleepwalking and narcolepsy.

<https://www.bbc.co.uk/programmes/b09jj9t4>

The sleeping forecast

A series of episodes featuring sounds and music to help you sleep. Each episode is 60 minutes long. Some feature excerpts from the shipping forecast.

<https://www.bbc.co.uk/programmes/p0cjk2w>

Films

Sleep is your superpower – interesting TED talk by Matthew Walker

<https://youtu.be/5MulMqhT8DM?si=lkahMO4Icd7nTdiH>

The truth about sleep (2017) BBC documentary by Michael Mosely – no longer on the BBC website but can be watched for free here: <https://www.dailymotion.com/video/x66hear>

The Quest for Sleep – interesting documentary now on YouTube

https://www.youtube.com/watch?v=sYCUjcNEZU8&ab_channel=TheQuestForSleep

Mysteries of sleep – another helpful documentary

<https://www.youtube.com/watch?v=Fui9YW4JYMg>

NHS resources

Every Mind Matters NHS support for sleep problems

<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>

SLEEP RESOURCES

Books

- *Why We Sleep: Unlocking the Power of Sleep and Dreams* by Matthew Walker:
This book is considered a scientific bestseller, exploring the various roles sleep plays in learning, memory, emotional well-being, and overall health. In this book, the first of its kind written by a scientific expert, Professor Matthew Walker explores twenty years of cutting-edge research to solve the mystery of why sleep matters. Looking at creatures from across the animal kingdom as well as major human studies, *Why We Sleep* delves into everything from what really happens during REM sleep to how caffeine and alcohol affect sleep and why our sleep patterns change across a lifetime, transforming our appreciation of the extraordinary phenomenon that safeguards our existence.
- *The Sleep Revolution* by Arianna Huffington:
This book shares a personal journey and a broader perspective on the importance of sleep for achieving peak performance and well-being. Explores all the latest science on what exactly is going on while we sleep and dream. Huffington takes on the sleeping pill industry, and the ways our addiction to technology disrupts our sleep. She also offers a range of recommendations and tips from leading scientists on how we can get better and more restorative sleep and harness its incredible power.
- *The Sleep Book: How to Sleep Well Every Night* by Dr Guy Meadows
Using a blend of mindfulness and new Acceptance and Commitment Therapy (ACT) techniques, Dr Guy shares a five-week plan to cure sleep problems. Most people who have trouble sleeping invest a huge amount of time, effort and money into fixing the problem, but Dr Guy has discovered the secret lies not in what you do, but what you learn not to do. In fact, the more frustrated you become only serves to push sleep further away. Dr Guy's pioneering methods at The Sleep School clinic have been a success. This book is the sum of a doctorate degree in sleep and well over 12,000 hours spent working with more than 2,000 insomniacs in one-to-one clinics, workshops and retreat environments.
- *The Seven-day Sleep Prescription* by Aric A. Prather
The Sleep Prescription has received praise from some of the most prominent minds in sleep, including Dr. Sara Mednick, who called it “a must-have for anyone looking to improve their waking life by fixing their sleeping one.” Authored by sleep scientist Dr. Aric Prather, this book offers a plan to improve your sleep in just seven days.
- *Overcoming insomnia and other sleep problems* by Colin Espie:
This book provides a guide to coping with insomnia, based on the foundation of the Sleepio programme using CBT techniques. This book is recommended by the NHS and is useful if you want to follow a structured CBT approach.
- *Mapping the Darkness: the visionary scientists who unlocked the mysteries of sleep* by Kenneth Miller:
This book explores the history of sleep science and the pioneers who helped to bring it into the mainstream. This is a fascinating book, but more useful in helping us understand sleep, rather than a practical guide to overcoming sleep problems.

SLEEP RESOURCES

Sleep Apps

<https://www.sleepfoundation.org/best-sleep-apps#:~:text=The%20Best%20Sleep%20Apps,include%20lullabies%20and%20bedtime%20stories.>

- **Calm:** Offers sleep stories, guided meditations, and relaxation techniques to help users wind down and fall asleep.
- **Headspace:** Provides guided meditations and mindfulness exercises specifically designed for sleep, as well as other wellness tools.
- **Sleep Cycle:** Tracks sleep patterns using your phone's accelerometer, and provides insights into sleep stages, snoring, and other sleep-related data.
- **Pzizz:** Uses psychoacoustics to create unique soundscapes that help users fall asleep and stay asleep, with options for naps and longer sleep periods.
- **Sleepio:** A sleep improvement program based on cognitive behavioural therapy, which helps users develop healthy sleep habits.
- **Stella Sleep:** A sleep app that uses psychological principles to help users understand and change underlying patterns that contribute to poor sleep,

Useful websites and helplines

UK organizations

The Sleep Charity – one of the leading, independent expert voices on sleep issues in the UK, here to help everyone get a better night's sleep. Offers advice, education or support for children, teenagers, adults, workplaces or professionals on sleep problems and how to overcome them.

Sleep Helpline: 03303 530 541

Speak to trained sleep advisors: available Mondays, Tuesdays, Thursdays 7pm-9pm Mondays, Wednesdays 9-11am *excluding Bank Holidays

<https://thesleepcharity.org.uk/>

Sleepstation

Online CBT based course to support people with insomnia. Expensive -- £295 but you might be able to be referred by the NHS through your surgery if it is participating – see details on website where you can check this. Claims an 87% success rate.

<https://www.sleepstation.org.uk/>

American organizations

The National Sleep Foundation – American nonprofit organization dedicated to research into sleep

<https://www.thensf.org/>

The Sleep Foundation – break off organization from the above – has some useful resources

<https://www.sleepfoundation.org/>