



Teenagers - Struggling to Sleep?



Struggling to Sleep?

If you're struggling with your sleep but don't want to confide in your parents or even your friends, then help is now just a phone call away.

Want to chat?



Talk to us if...

- *You are worried about life/school and it's impacting on your sleep*
- *You can't switch off when it comes to bedtime*
- *You struggle to turn off your mobile phone and find yourself still on social media or YouTube in the early hours of the morning*
- *You find it really hard to get out of bed in a morning*
- *You just can't sleep*

Don't forget if you don't fancy having a one to one chat, you can visit our Teen Sleep Hub for lots of advice and information on sleep. There are five videos you can watch on different topics and there's also our downloadable eBook which goes into greater detail about how to sleep well.

Do you want more information on sleep?

If you're looking for a little reminder about bedtime routines, or need a sleep diary and some information to help you with your sleep, revisit our eBook.

**[Download the eBook via
https://teensleephub.org.uk/teens-young-people/?nowprocket=1](https://teensleephub.org.uk/teens-young-people/?nowprocket=1)**

For more information about the support available for parents in Solihull, please contact the parenting team via email to bsmhft.parenting@nhs.net or by finding us on Facebook

