

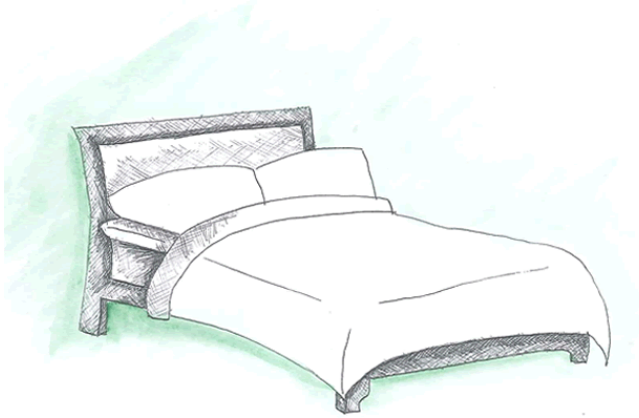
Sleep

Mood Juice: Self Help Guide

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

Sleep Problems

Moodjuice Self-help Guide



Learn more about sleep problems and skills to cope with them.

Mind: Sleep Problems

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/#.W31OCcuGOUk>

[View this information as a PDE \(new window\)](#)

[Order this information as a print booklet](#)

About sleep and mental health

Tips to improve your sleep

Useful contacts

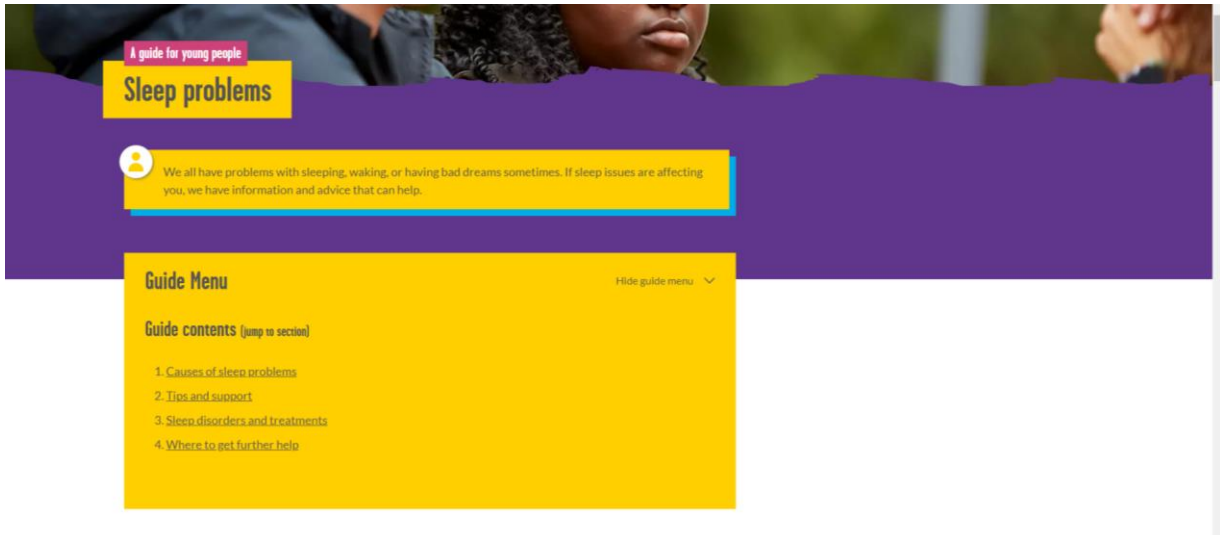
How does sleep relate to mental health?

There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.



Young Minds: Sleep Problems

<https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/>



NHS: Sleeping Problems – An NHS Self Help Guide

<https://web.nrw.nhs.uk/selfhelp/leaflets/Sleeping%20Problems.pdf>

