

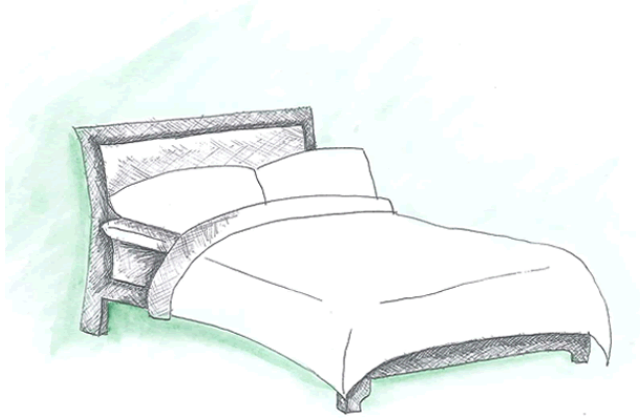
Sleep

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.

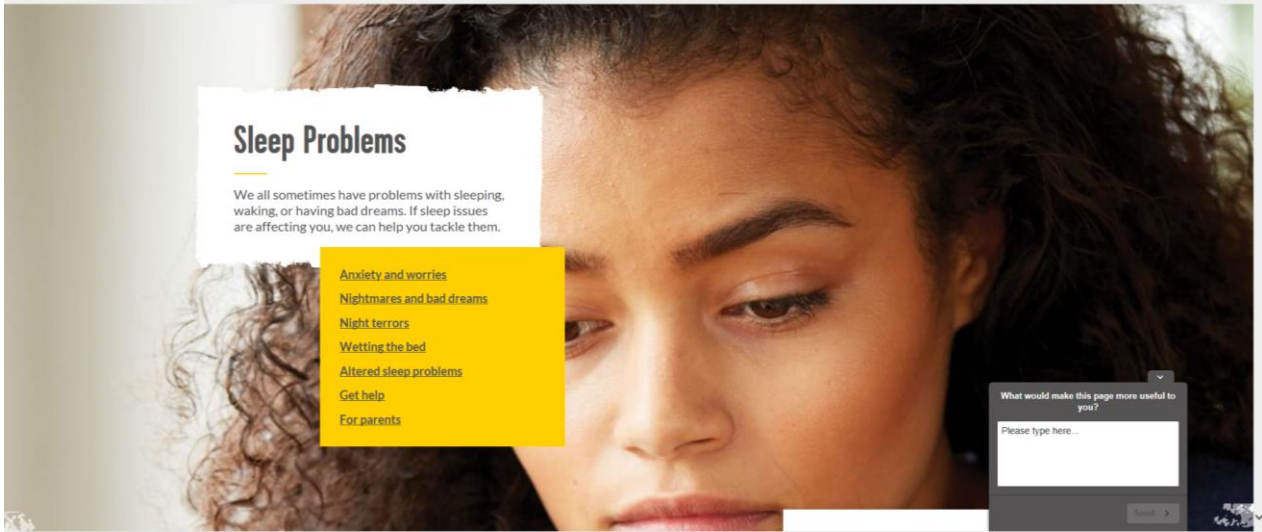
Mind: Sleep Problems

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

A screenshot of the Mind website. The page title is "How to cope with sleep problems". The page content includes a navigation menu at the top, a breadcrumb trail, and a main heading "How to cope with sleep problems". Below the heading, there is a sub-heading "How to cope with sleep problems" and a paragraph explaining the relationship between sleep and mental health. A circular diagram illustrates the cycle: "Feelings of worry and/or stress" leads to "Lack of sleep", which leads to "Tiredness", which leads to "Difficulty coping with daily life", which leads to "Low self-esteem", which leads back to "Feelings of worry and/or stress". There are also social media icons and a "Your stories" section with a photo of a person.

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.ntw.nhs.uk/selfhelp/leaflets/Sleeping%20Problems%20A4%202016%20FINAL.pdf>

