**IMPROVING SLEEP ROLLING WORKSHOP (May 20)**

**FURTHER INFORMATION/RESOURCES**

***General:***

*Overcoming Insomnia and Sleep Problems: A Self-Help Guide Using Cognitive Behavioral Techniques Paperback (2006)* by [Colin Espie](https://www.amazon.co.uk/s/ref=dp_byline_sr_book_1?ie=UTF8&text=Colin+Espie&search-alias=books-uk&field-author=Colin+Espie&sort=relevancerank) (Author)

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

<https://patient.info/health/insomnia-poor-sleep>

<http://www.nhs.uk/LiveWell/sleep/Pages/sleep-home.aspx> (NHS Choices website)

<https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

<https://web.ntw.nhs.uk/selfhelp/leaflets/Anxiety.pdf>

***Relaxation***

Progressive Muscle Relaxation Exercise

<https://slam-iapt.nhs.uk/southwark/welcome-to-southwark-psychological-therapies-service/resources/>

Audio resources including deep breathing and muscle relaxation

<http://wellbeing-glasgow.org.uk/audio-resources/>

<https://www.headspace.com/> - mindfulness training and relaxation website and app (available from the app store for iPhones only). They offer 10 free trial sessions called Take Ten, following which, it is a paid service

<https://www.calm.com/>

***Covid 19 Specific***

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>