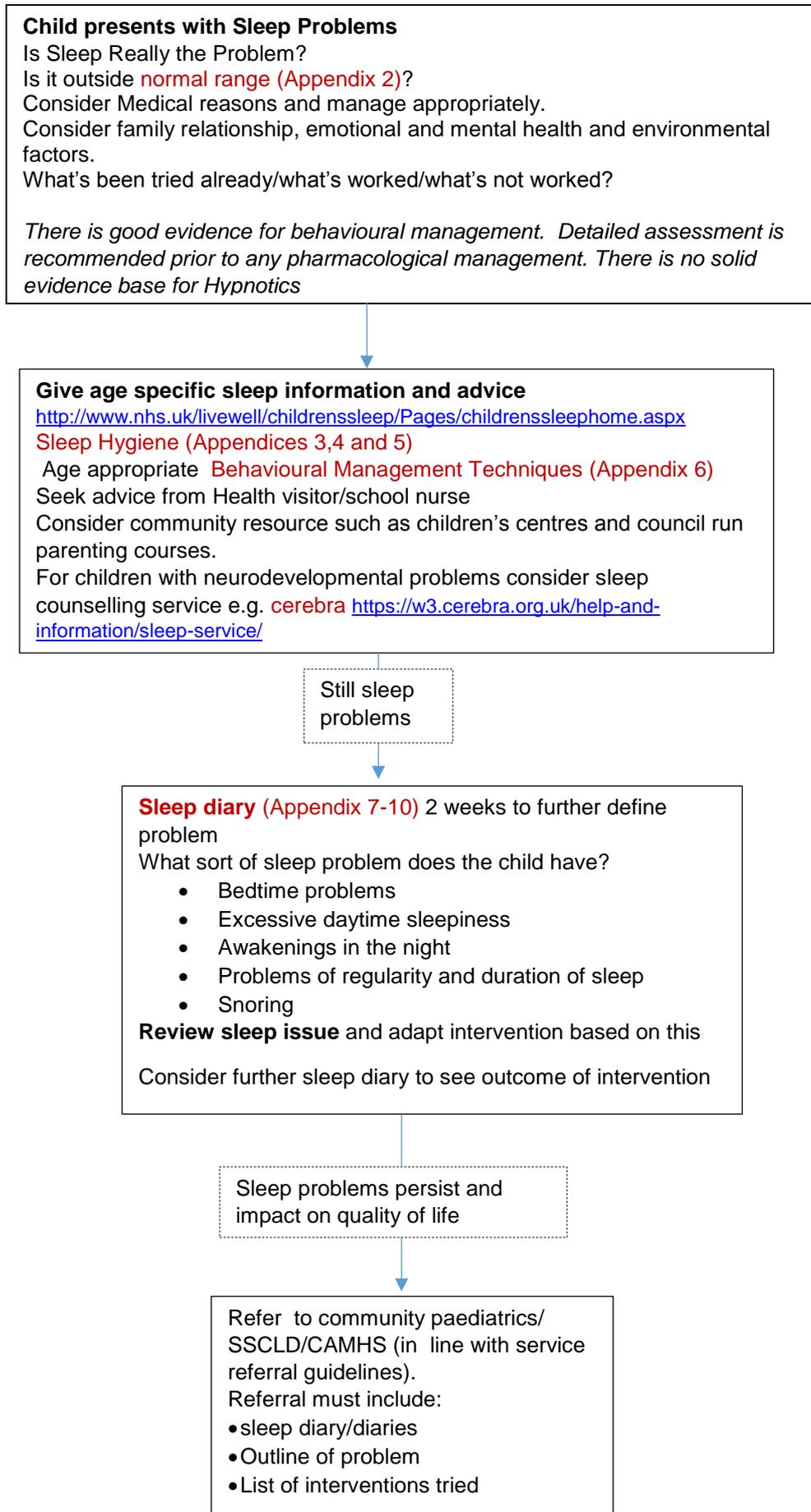


### Quick Sleep Care Flow Chart:

Further resources and information on possible medical causes and management of specific sleep issues (e.g. night terrors, sleepwalking) can be found in the [Pre-referral Guide for Primary Care](#) (Appendix 1).



Hyperlinks:

**Pre-referral Guide for Primary Care**

**Normal Range (appendix 2):** How much sleep does a child need?

**Sleep Hygiene:**

10 steps for a quiet night (Appendix 3)

Sleep for teenagers (Appendix 4)

Top tips for a quiet night (Appendix 5)

**Behavioural Management Techniques (Appendix 6)**

**Sleep Diaries:**

Younger Child

Simple (Appendix 7)

Sleep diary with pictures (age 5-12) (Appendix 9)

More detail (Appendix 8)

Older Child

<http://www.nhs.uk/Livewell/insomnia/Documents/sleepdiary.pdf>

<https://sleepfoundation.org/sleep-diary/SleepDiaryv6.pdf>