

Sleep Matters

From time to time students may struggle to sleep and therefore we have put together some resources to help develop a regular sleep pattern.

Description	Link
Why Sleep Matters?	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/06/Why-Sleep-Matters.pdf
The Sleep Charity	https://thesleepcharity.org.uk/information-support/
Teen Sleep E-Book for you which goes with the website for pupils.	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/06/The-Teen-Sleep-Hub-eBook.pdf