Resilience makes brilliance!

Norfolk Multi-agency Practice Week

Monday 24 November 2025 – Friday 28 November



Welcome

We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

The link to the feedback form will be put in the chat.

Please do take the time to complete it after the session.

Thank you!



Overview

• Why is sleep important to resilience?

How to help young people with their sleep

Where to access more help locally







Sleep and resilience in young people

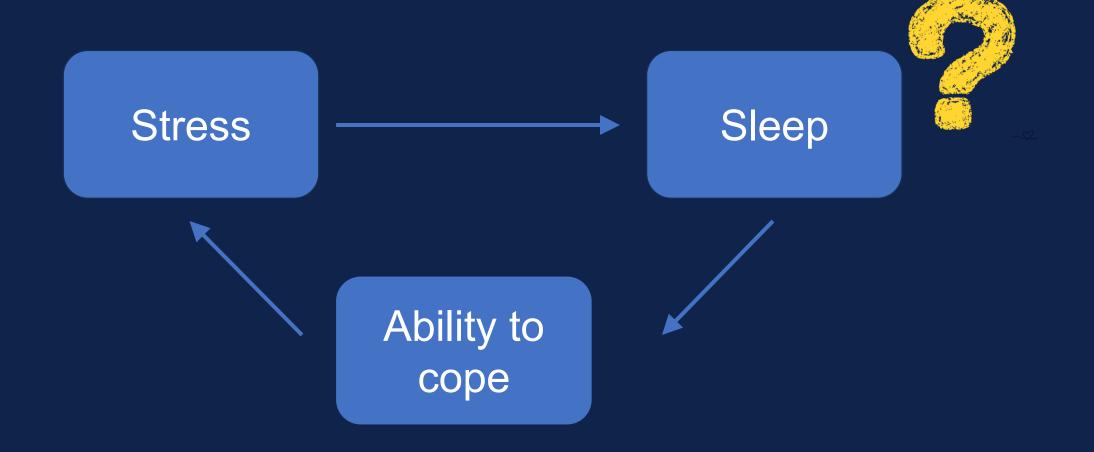
Dr Rebecca Rollinson
Clinical Psychologist NSFT
Lead for The Better Sleep Programme





Stress and sleep work both ways







All have a lot of life stress to deal with

These all impact on sleep

But sleep also impacts on their ability to cope

Attitudes we hear a lot...



If they just drank less of those Monster drinks, they'd be okay

They don't even try to go to sleep and then they say they're too tired for school in the morning.

Get to bed earlier if you're tired! It's not rocket science!

Kids are up gaming too late, that's the problem



Sleep and youth





Ready to sleep 2-3 hours later
To bed at same time or early...
Spending *hours* in bed before sleep
(3 on average)





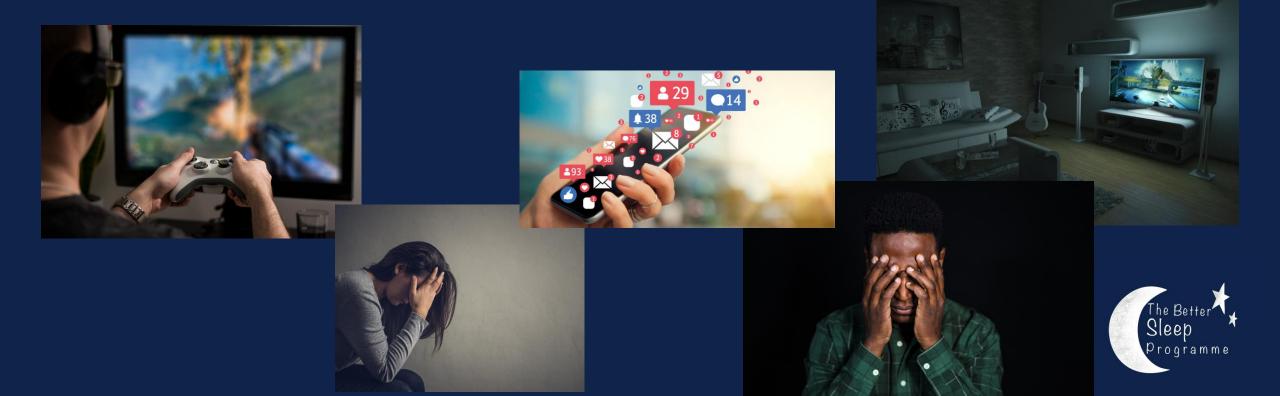
Still expected up early
Caffeine through day to cope...
Even *harder* to get to sleep



Sleep and youth



What do those hours at night look like for young people?



The harder we try...







Sleep and youth



Sadly, the more challenges young people have had, the more likely they are to struggle with their sleep.

High threat situations

Lots of moves, changes to routine

Early trauma and/or loss

Low 'Socio-Economic Status'

Neurodivergence

Why does that matter?





Helps us process trauma memories

Helps us process upset from the day

When our brain restores and resets

When our body recovers from use

Impact on wellbeing



Less motivated

Harder to remember things

Diet

Physically 'out of sync'

Harder to concentrate

Hard to regulate emotions

Self-harm

More hopeless

More irritable with family and friends

Struggle with school

Less energy for hobbies and interests



Lower mood
Suicidality
More impulsive

See things as more threatening

Harder to engage with help offered – esp if morning appts!

Reach for substances for wake/sleep



Sleep and Resilience



- Young people in need of extra support often struggle with sleep.
- Which can make it harder to deal with life's challenges

Yet we tend not to focus on it

- > So common, have stopped seeing it
- Don't know how to help
- > Assume will get better when sort everything else out







Questions or comments?

Coming up next:

How to help get sleep back on track Information on what is available locally



Getting sleep back on track

Dr Rebecca Rollinson, Clinical Psychologist

Lead: The Better Sleep Programme









Ideas to explore what works for you



Body clock



Sleep drive

Getting our brain ready for sleep







1. Setting our body clock

Signalling with light







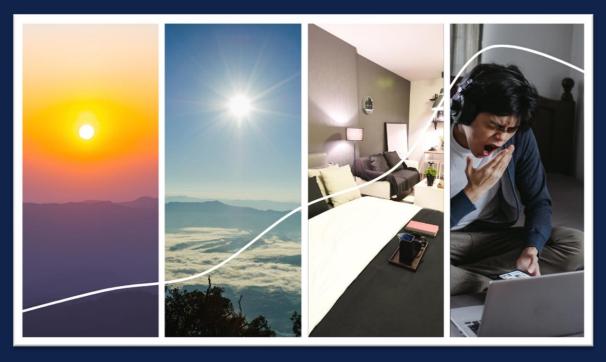
Mixed signals?

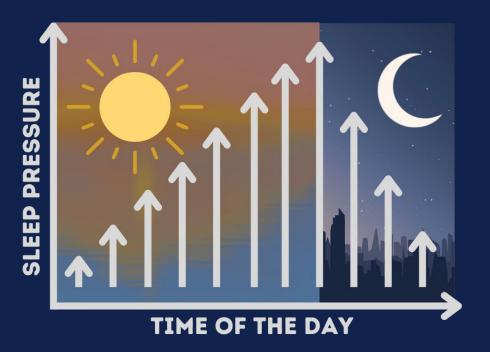




Ideas

- Curtains open
- Light on waking++
- Time outside in day
- Dimmer lights in evening







2. Boosting our sleep drive



Boosting sleep drive



1. Caffeine

- Caffeine stops us noticing sleep drive build up
- Then get it all at once
- Then reach for more caffeine...

Top tips

- ✓ Stock up on de-caff options
- ✓ Limit caffeine to mornings only
- ✓ Everyone's different. Try it and see if makes a difference for you





Boosting sleep drive



2. Naps

- Daytime sleeping reduces need for sleep at night
- If you have to nap:
 - Set a timer
 - Keep it earlier in the day
 - Try deep rest as an alternative

3. Work with wake-up time

- Gradually bringing wake-up time earlier helps increase your sleep drive at night
- It is hard work though make sure it is rewarding!
- Pair with light for most effect







3. Getting our brain ready for sleep

Bed can become a multi-activity centre!















Only go to bed when sleepy Only sleep in bed



Brain ready for sleep



- 1. Only go to bed when sleepy
 - Waiting until 'sleepy-tired' before going to bed
 - Careful not to keep sleeping later next day!



- 2. Only sleep in bed
 - Needs careful planning
 - Beanbag? Desk? Blankets on top of bed?
 - 15 minute rule getting back up if not asleep





Brain ready for sleep



- 3. Quietening brain & signalling safety.
 - Wind down routine two hours ahead of sleep time
 - Putting day to rest
 - Relaxation and grounding
 - Plan in 'together time' calm focus
 - Different for everyone...

"What helps you feel rested and safe"?



Waking in night and nightmares



- Very common and upsetting experience
- Feels meaningful and foreboding

- ✓ Getting a regular sleep pattern helps the most
- √ 'Self-soothe' box next to bed
- ✓ Reducing worry about getting back to sleep



ADHD and Autism?



- Sleep timing more likely dysregulated
- Consider timing of stimulant use
- Are routines soothing or stressful?

- Principles and approaches apply
- May need to focus on one thing at a time
- Support for new habits before become 'new normal'

Tips for success

- Different things work for different people
- Avoid do's and don'ts
- Explain reasoning & work together
- Try things out keep a diary to see if making a difference
- Consequences of making change? Is it rewarding?









Help available locally





Small team (3.5 of us) based within NSFT

Helping young people get help with their sleep

Focused on young people (10 to 25 years) across Norfolk and Waveney

Norfolk only area we know of to have a sleep pathway!

The Better Sleep Programme



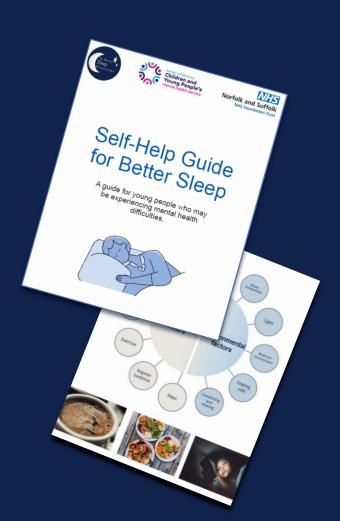
- 1. Accreditation programme
- 2. Enhanced skills workshop
 - 3. Adaptation projects
 - 4. Resources

Half-day workshops



- Open to anyone working with young people in the region
- Aim to improve
 - Awareness of role of sleep in youth mental health
 - Ability to ask good questions and give good advice
 - Ability to signpost to more information and support
- Case examples and self-help guide
- Access through Talkcentre.org





Information and signposting

Just One Norfolk 'Teen Sleep' webpage Self-Help Guide NSFT webpage Public Health Campaign with NCC

Signposting info for GPs

Workshops and Self-Help Guide

Enhanced recovery workers Mental health practitioners

Young Minds Benjamin Foundation



CBTi trained

Talking Therapies MAP

Ormiston Families MHSTs in Schools

Workshops and Self-Help Guide

CAIST Youth Teams NSFT

CBTi trained

CAIST

sting Advice

Getting Risk

Thriving

Workshops and Self-Help Guide

Family Help Teams (NCC)
Intensive Support Teams (NCC)
Eating Disorders service
Matthew Project
Supported Accommodation

UASC
Residential Care
Support for Success

LD CAMHS

Youth Justice Service

CBTi trained

Getting Help

Youth teams NSFT
CAMHS NSFT
Compass Schools
LD CAMHS (Waveney)
Youth Justice Service

Eating Disorders

Matthew Project

UASC

Adolescent Therapeutic Services

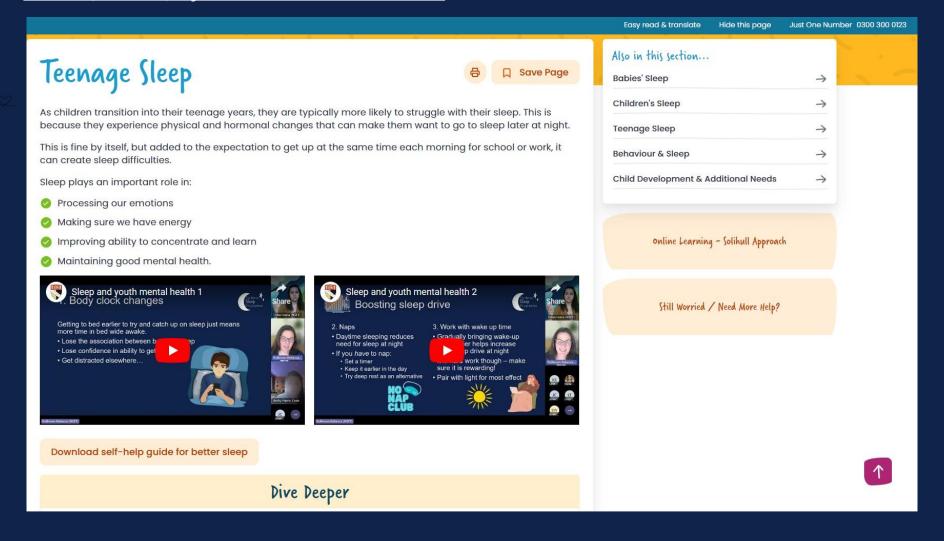
Information, advice & signposting





<u>Teenage Sleep (justonenorfolk.nhs.uk)</u>

Sleep (fyinorfolk.nhs.uk)



Summary

The Better \$\displays{Sleep}{programme}

Sleep and resilience



How to help with poor sleep





Where to get more help locally





Please provide some feedback







Thank you for your time

Dr Rebecca Rollinson, Clinical Psychologist.

Lead: The Better Sleep Programme.

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