

Resource Guide

Everybody deserves a good night's sleep.

Sleep is essential to develop, grow, learn, to promote immunity and good mental health. We help adults and children across all ages with varying needs to achieve restful sleep. Hunrosa means 'to dream' in Cornish

Take a look below to find the ways we can support you:



SleepWise App

The Sleep Wise app is now launched in the stores. It is suitable for professionals and parents to support with evidence-based sleep health information and provides a way to look at an individual young person's sleep and ways to improve.



It is possible to set reminders and add other people who could help a child or young person get better sleep, such as a teacher or assistant. All sensitive information stays on the device used and details are anonymised. It has been accredited for use by ORCHA who review health and care apps in the UK.

[Click here for the SleepWise App](#)

Shared Care Giver & Professional Resources

We regularly share new updates with our Hunrosa Community.

Resources you can find here include:

- Preparing for the Clock Change
 - Interventions for Children
 - 12 Steps to a Good Sleep Environment
 - Sleep During Change & Difficult Circumstances
 - Sleep and Substance Misuse Disorders
 - Sleep & Neuro-Diversity
 - Sleep & Additional Needs
 - Sleep for Young Adults
- ... among others.

[Click here for Resources](#)

Hunrosa Sleep Takeaway Cards

Download our suite of Sleep Takeaway Cards, developed for the NHS | real advice for health, schools and people like you.

[Click here for Hunrosa Sleep Takeaway Cards](#)

Items in our Webstore

Read up about our Sleep Consultation or Sleep Package or review the latest learnings on Suicide Prevention and Sleep or our Sleep Wise Workshop for tired families.

[Click here for the Hunrosa Webstore](#)

Please do feel you can reach out and chat to one of our team, if you are not sure where to start.

Email us: info@hunrosa.co.uk

Call us: +44 1579 519990

Chat to us... we would love to connect for 15 minutes on Zoom.

[Click here for Zoom](#)

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