



Chatswood High School P&C Well-being Program:

The Sleep Connection, Monday 8 March 2021



Parent questionnaire (also circulated previously by the school)

The Sleep Connection Resources Sheet: This includes post presentation information to support child and adolescent sleep health, along with information regarding adult sleep health. There are also links related to: technology use; blue blocking products; sleep and sport performance; and mental health and wellbeing tools (via Smiling Mind). This resource also includes a link to a video that was shown during the parent presentation of an interview with a student, Monique" talking about the changes she made to her sleep patterns and all of the differences it made (6 mins)