World Sleep Day
Friday 13 March 2026

NHS
Leicestershire Partnership
NHS Trust

Sleep well, live better

World Sleep Day encourages people worldwide to promote the importance of healthy sleep. It's an opportunity to highlight how **quality rest supports mental well-being, physical health and overall quality of life.**

Why sleep matters?
- Supports mood and emotional regulation
- Improves concentration and memory
- Reduces stress and burnout

Healthy sleep habits
- Stick to a regular sleep and wake time
- Limit screen usage before bedtime
- Quiet, dark and calming environment

Mental Health Support Teams in Schools

Need more support with sleep?

My Self Referral - My Self-referral is a website available to young people up to the age of 18 who want advice and support for their mental health. It enables young people to self-care and access a broad range of advice, resources and services.

Health For Teens - Health for Teens is a fantastic resource for young people to find out more about health, covering the likes of feelings, growing up, health, lifestyle, relationships and sexual health.

Health For Kids - Find top tips and advice on all aspects of children's emotional and physical health, from keeping kids active and eating well, to building their confidence and equipping them to cope with specific health issues.

Support for parents and carers - Head to the website lptnhs.com/SupportForParents for clear, practical guidance and resources for families with children of all ages.

Scan this QR code or visit the link for more about our support services:

leicspart.nhs.uk/mental-health