

# The Resilience Rucksack project



## Sleeping Well

Young people in our co-production workshops chose a music track (song) and a comic as the best ways for everyone to learn the 'sleep steps' that we can take in the day to help support our sleep at night...

## Check out our song

Somni – The RR Sleep & Daylight song



Available on:  
Spotify, Amazon Music, Apple Music,  
and YouTube!

[research.reading.ac.uk/reading-resilience-network/resilience-rucksack-the-rr-sleep-song/](https://research.reading.ac.uk/reading-resilience-network/resilience-rucksack-the-rr-sleep-song/)



## Check out our comic

Sleep Well, Being! – The RR comic



Available on:  
[research.reading.ac.uk/reading-resilience-network/resilience-rucksack-the-sleep-comic/](https://research.reading.ac.uk/reading-resilience-network/resilience-rucksack-the-sleep-comic/)



Healthy Sleep Practices