The Resilence Rucksack project



Reading

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...

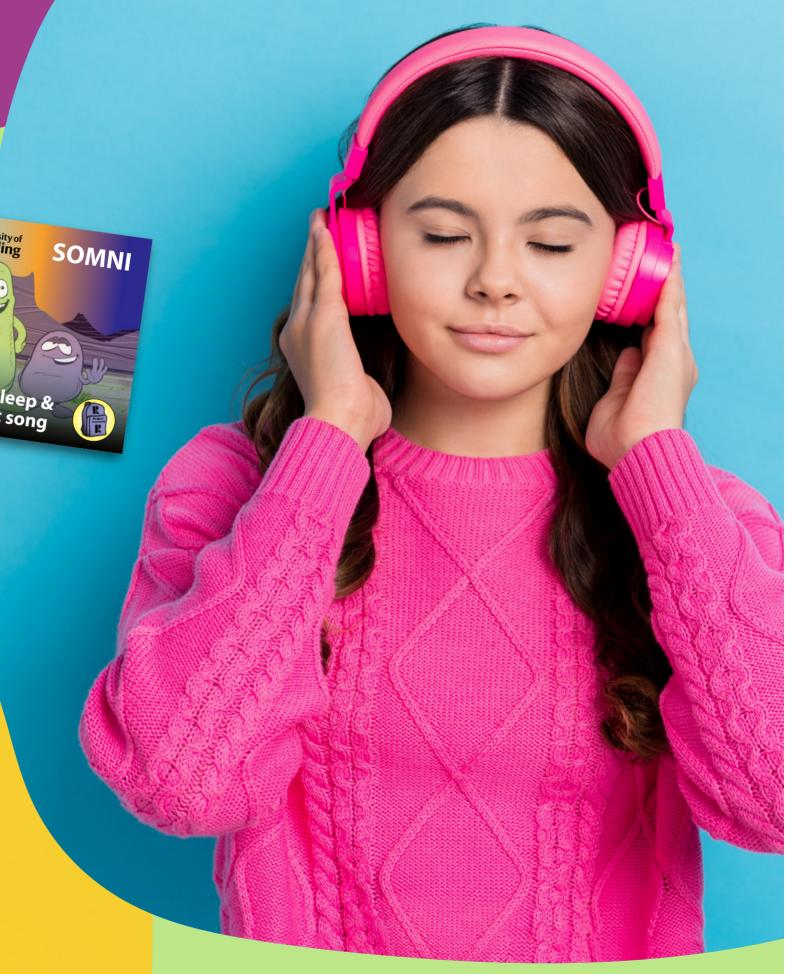
Check out our song

Somni – The RR Sleep & Daylight song

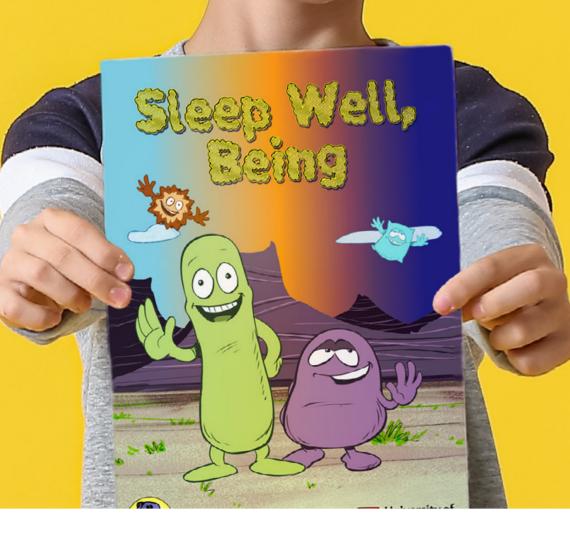


Available on: Spotify, Amazon Music, Apple Music, and YouTube!





research.reading.ac.uk/readingresilience-network/resiliencerucksack-the-rr-sleep-song/



Check out our comic

Sleep Well, Being! – The RR comic



Available on:

research.reading.ac.uk/readingresilience-network/resiliencerucksack-the-sleep-comic/

Healthy Sleep Practices