## 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...

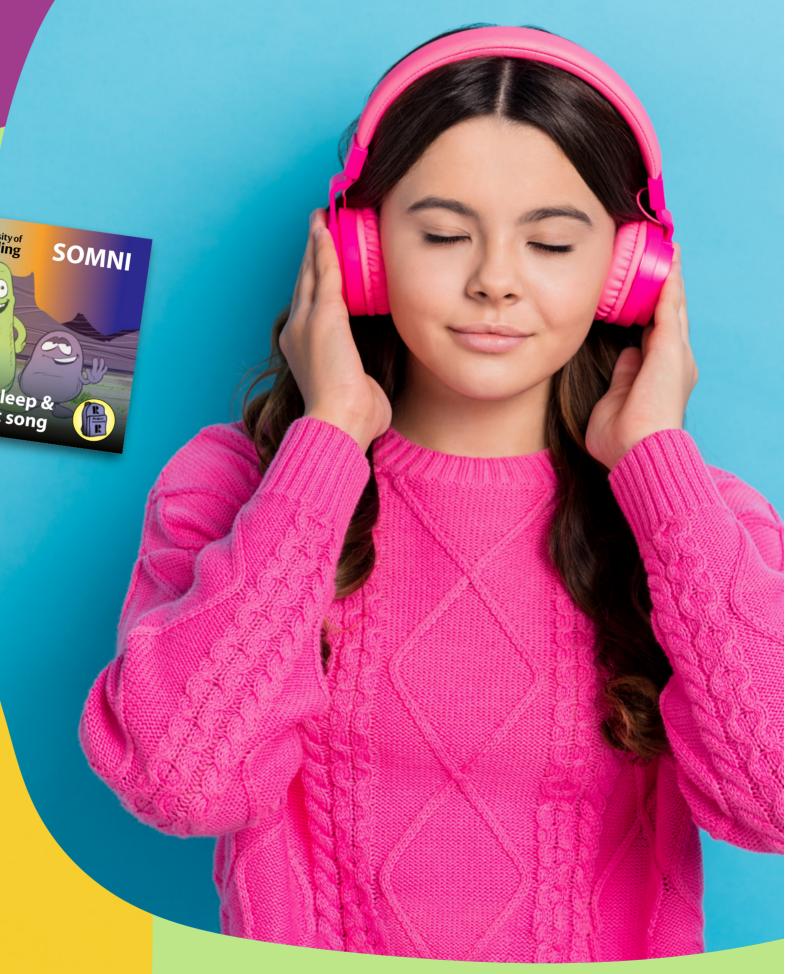
## **Check out our song**

Somni – The RR Sleep & Daylight song

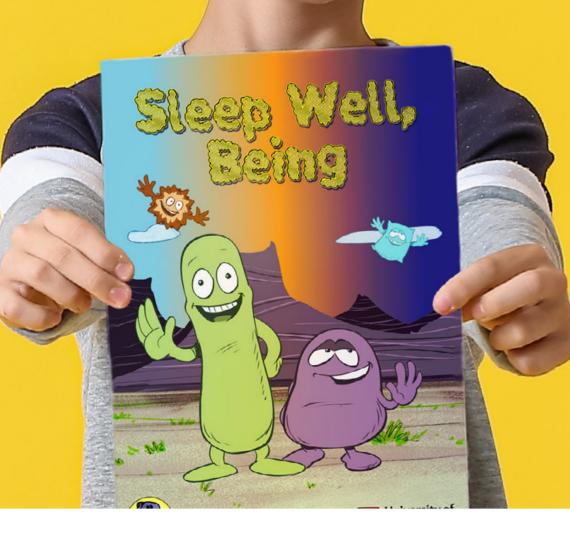


Available on: Spotify, Amazon Music, Apple Music, and YouTube!





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**