

Appendix 1. Additional helpful resources

- <https://raisingchildren.net.au/teens/healthy-lifestyle/sleep/sleep-teens>
- <https://raisingchildren.net.au/teens/healthy-lifestyle/sleep>
- www.sleephealthfoundation.org.au/sleep-topics/teenage-sleep
- <https://headspace.org.au/assets/Factsheets/HSP225-Sleep-Fact-Sheet-DP3.pdf> (sleep and mental health)
- <https://aifs.gov.au/resources/short-articles/promoting-adequate-sleep-young-people>