

## Editorial

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Although this edition of EPRaP was not conceived as a ‘themed’ issue, we received two excellent sleep-related papers from recently qualified EPs, and it quickly became known as ‘the sleepy issue’. Sleep problems are endemic and something children with SEN and their families often struggle with. Given that sleep deprivation is recognised as a form of torture, we hope that these articles might provide some support. Anna Bryant looks at adolescence and ‘sleep hygiene’. Sophie Winter explores sleep difficulties experienced by some children with autism. Both provide useful evidence for approaches to intervention.

During the production process, I also attended a brilliant British Psychological Society talk on dreams from my UEL colleague Dr Josie Malinowski, and we have added a link to the full video in our resources section. I have always had poor dream recall, but following her lecture, without any conscious effort, I began recalling dreams much more vividly. Josie has reported this happening to other people, so be prepared for this if you watch her fascinating talk.

Other papers in this edition of EPRaP explore the notion of ‘professional courage’ (Rebecca Ashton) and what it is like to deliver psychology services within a ‘multi-academy trust’ (Adam Rumble and George Thomas). There is more on adolescence with Charlotte Cockcroft and Cathy Atkinson looking at engagement with literacy. Tim Cooke argues for the utility of social information processing (SIP) as a framework for EPs. We also publish the latest psychological impact assessment (universal basic income — UBI) from Psychologists for Social Change.

One of our main aims at EPRaP is to promote user engagement, and we are particularly pleased to include a collection of films about mental health and education health care plans made by young people. This builds nicely on our last, ‘pupil participation’, issue. Please keep your contributions coming, and do share EPRaP with colleagues, clients and friends. And if you feel drowsy whilst reading this issue of EPRaP then turn off your computer or tablet and follow the useful sleep hygiene guidance provided. We hope you have pleasant dreams.

*Dr Miles Thomas*