

ALDER HEY

Sleep clinics for families of children age 2-16 years of age

Does your child have difficulty sleeping? Is it impacting on their behaviour or on family life? Do you need some support from a trained Sleep Practitioner?

The Sleep Charity is providing one-to-one sleep clinics via telephone or online for children or young people currently under the care of the Alder Hey Developmental Paediatric or Community Mental Health Services. We are also accepting patients who were previously under these services who have been diagnosed with a neurodevelopmental disorder (e.g. ASD, ADHD) or mental health disorder. The service can also support your child reduce the need for sleep medicines.

There are limited places available and will be offered on a first come first serve basis.

Working with parents, we can help with

- Assessing why sleep issues are happening
- Suggesting strategies to try
- Developing a tailored sleep programme
- Ongoing support available for up to 12 weeks

The service is also suitable for children with Special Educational Needs and Disabilities. Our Sleep Practitioners have extensive experience in working with these young people. A recent research study found that our behavioural approach increased the amount of sleep a child with ADHD was having by an average 2.4 hours per night.

YOUR CHANCE TO TALK DIRECTLY TO SLEEP PRACTITIONERS WHO ARE HERE TO HELP YOU AND YOUR CHILD SLEEP BETTER.



You can self-refer using the QR code or through
forms.office.com/r/x7h8ijjzZa

thesleepcharity.org.uk

   [@thesleepcharity](https://twitter.com/thesleepcharity)