

# NORTH YORKSHIRE AREA

Sleep clinics for families of children age 12 months upwards



**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 has been commissioned by North Yorkshire CCG to provide one-to-one sleep clinics via telephone or online for families in North Yorkshire.

#### **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 five 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. WE ARE HERE TO HELP YOU AND YOUR CHILD SLEEP BETTER.**

“ Having support from the sleep clinic has changed our lives. We were all so tired and thought we'd tried everything, thank you for giving us the gift of a good night's sleep. ”

- Parent

For more information or to self-refer contact **Helen Rutherford** on [helen@thesleepcharity.org.uk](mailto:helen@thesleepcharity.org.uk) or call **07568 052250**

[thesleepcharity.org.uk](https://thesleepcharity.org.uk)

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