



## The Problem

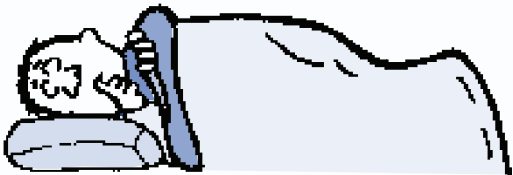
Children with additional support needs are far more likely to have serious sleep problems than other children. They may not settle, or wake early or often throughout the night. Children can be very noisy or distressed and cannot be left unattended. Often parents have to sleep in shifts for months or years.

It's not just the children – sleep deprivation has a devastating effect on the whole household. It affects the health of the parents and how well they look after all their children. It is often the cause of family break-up where children end up in care. There is little night time respite care available.

## The Solution

Sleep problems can be effectively treated using specially adapted behavioural and cognitive techniques. This reduces stress levels for the parents which in turn leads to improved health and quality of care for the whole family. Parents and carers can look after their children better, and make the best decisions about care for their children with additional support needs.

Experience shows that our success rate is even higher when we can involve both parents/all carers particularly at the first appointment.



## Sleep Scotland Clinics

- The aim of the clinic is to provide support for children and young people with additional support needs who have serious sleep problems. The clinics work by appointment only.
- A multi-professional team of workers who have been specially trained to work with sleep problems provide the service.
- Families are introduced to various techniques including behavioural modification, sleep history and sleep diaries. These are used to look at existing sleep problems and improve sleep patterns.
- Families are introduced to their staff team, who will arrange regular sessions at the clinic to monitor progress. The first session could take up to 1½ hours, further sessions will be 40-60 minutes and a home visit will be offered as part of the programme.
- It is not necessary to bring your child along to the sessions. The Counsellors will meet your child on the home visit.
- With the family's agreement, information may be forwarded to relevant professionals working with the child such as the GP, consultant, and head teacher.
- The aim of the treatment programme is to promote improved sleep patterns. *Sleep Scotland* may refuse treatment if it considers the programme inappropriate for any child or family. It also disclaims any responsibility for a failure to improve or any unforeseen circumstances.

If, during the course of the Sleep Counsellor's contact with your child and family, information becomes available which indicates that your child may be at risk of harm, this information will be passed onto the Director of *Sleep Scotland* and the local authority for their consideration.

*Sleep Scotland's* Child Protection Policy and Complaints Procedure are available on request or can be found on our website [www.sleepscotland.org](http://www.sleepscotland.org)

## Families

Do you know other families who have got similar problems. May we send them a leaflet or further information?

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Tel No: \_\_\_\_\_

Your Name: \_\_\_\_\_

## Professionals

Could you help or would you like to participate in our training programme on sleep problems? Or would you like more information?

Name: \_\_\_\_\_

Job Title: \_\_\_\_\_

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Tel No: \_\_\_\_\_

Either return this tear-off slip in an envelope to the address overleaf or just place this tear-off slip in the post. **NO STAMP REQUIRED.**