

Lovely experience with the sleep advisor and wished we had spoken to someone in the sleep clinic earlier!
(Parent)

Now he's sleeping he's a more independent child and the nursery said he has more confidence. (Parent)

FREE SLEEP ADVICE SESSIONS

Do you have a child between 6 months and 5 years?

We can offer 45 minute sessions with a trained sleep advisor covering a range of common problems

Sessions will be held at Dalkeith Medical Centre

From 9.30am—12.30pm on Mondays

22nd and 29th Jan, 5th, 19th, 26th Feb, and 5th Mar.

At Rosslyn Medical Centre

From 9.30am—12.30pm on Fridays

19th and 26th Jan, 2nd, 9th and 23rd Feb, 2nd Mar.

* environment * routine * pattern

can't thank you enough for your advice! Something so easy to change, but something we would never have thought of! (Parent)

For an appointment please contact:

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We do not give advice on underlying medical issues that affect sleep