

NEED HELP WITH YOUR CHILD'S SLEEP?

Sleep clinics for families of children aged 12 months upwards in
North Yorkshire



Does your child have difficulty sleeping?
Have you been prescribed Melatonin and
would like some help replacing this with
a behavioural approach to get to sleep?
Or has the Covid-19 pandemic had an
effect on your child's sleep? Is it impacting
on their behaviour or on family life?

Why not book one of our 1-2-1 sleep clinic
appointments available via telephone or video calls?

To find out more or to book an
appointment please contact Helen on
helen@thesleepcharity.org.uk

Visit the website for further sleep advice and
information at thesleepcharity.org.uk

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
<https://ecv.microsoft.com/1qczt15Tza>

thesleepcharity.org.uk

   @thesleepcharity

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 the
national sleep
helpline

 **03303 530 541**
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am