

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

Copyright © 2023 The Sleep Charity. All rights reserved. The Sleep Charity, a charitable incorporated organisation registered with the Charity Commission under registration number 1150585.



the
national sleep
helpline



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