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INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

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# Sleep difficulties in children and young people

## Support services

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### Early Help Unit

Nottinghamshire central support service to all families. This service can provide information and advice to all families within the county with or without a diagnosis.

Telephone: 0115 8041248

Email: [early.help@nottsccl.gov.uk](mailto:early.help@nottsccl.gov.uk)

### Nottinghamshire Concerning Behaviours Pathway

Nottinghamshire guidance for all children and young people who present with concerning behaviours. It includes resources to support families/schools.

Website: [www.nottinghamshire.gov.uk/concerningbehaviourspathway](http://www.nottinghamshire.gov.uk/concerningbehaviourspathway)

### Healthy Families Team

Deliver the new Healthy Families Programme, a new integrated service for children, young people and families which brings together care provided by health visitors, school nurses, the Family Nurse Partnership Programme and the National Childhood Measurement Programme. <https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams>

Parents can ring directly to access support:

Ashfield - 01623 785389

Mansfield - 01623 435522

Newark - 01636 594809

Sherwood - 01623 791025

### NHS Choices

The NHS choices website has information about sleep including strategies for children's sleep.

Website: <https://www.nhs.uk/Livewell/Childreassleep>

### Sleep Charity

A national award-winning charity supporting children with sleep issues. They provide support for families and accredited training for professionals and commercial organisations.

Website: [www.thechildrenssleepcharity.org.uk/](http://www.thechildrenssleepcharity.org.uk/)

## Sure Start

Children under the age of 5 years – sleep tight workshop offered by local children’s centre

Website: <http://www.surestart.notts.nhs.uk/>

## Children with specific disabilities

### National Autism Society

Support and advice for families and young people with Autism Spectrum Disorder.

Website: <http://www.autism.org.uk/about/health/sleep.aspx>

### Scope

Scope is a charity for people with additional needs.

Website: [www.scope.org.uk/support/families/sleep/routine](http://www.scope.org.uk/support/families/sleep/routine)

### Cerebra

A sleep service for children with neurological and developmental conditions.

Website: <https://www.cerebra.org.uk/help-and-information/sleep-service/>

### Contact a Family

A charity for families with disabled children, which also provides information and advice around sleep.

Websites:

<https://contact.org.uk/search-results/?s=sleep>

[https://contact.org.uk/media/1174580/helping\\_your\\_child\\_sleep.pdf](https://contact.org.uk/media/1174580/helping_your_child_sleep.pdf) (specific leaflet)

### Council for Disabled Children

This organisation for disabled children provide the Early Support Sleep guide with information and advice around sleep.

Website: <https://councilfordisabledchildren.org.uk/help-resources/resources/early-support-information-sleep>

### The National Deaf Children's Society

Providing information on helping your deaf child to sleep.

Website:

[http://www.ndcs.org.uk/family\\_support/positive\\_parenting\\_families/parenting\\_resources/sleeping\\_problems.html](http://www.ndcs.org.uk/family_support/positive_parenting_families/parenting_resources/sleeping_problems.html)

## Apps

Written by specialists in sleep in the UK, this app helps parents to understand and improve the sleeping and waking patterns of their children.

Website: <http://kidssleepdr.com/>

## Information services

Families can contact the information services to access additional resources around sleep.

### Library and Knowledge Service, King’s Mill Hospital

Online link to catalogue of books and resources <http://sherwoodforest.nhslibraries.com/> - search using the term “child health collection”.

Telephone: 01623 622515, extension 4009

Nottingham City Hospital  
Hucknall Road  
Nottingham  
NG5 1PB

Telephone: 0115 88 31158 or 0115 88 31157

Email: [infoservicescdc@nottshc.nhs.uk](mailto:infoservicescdc@nottshc.nhs.uk)

Online link to catalogue of books and resources:

<https://www.nottinghamshirehealthcare.nhs.uk/the-information-service>

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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