

## PATIENT INFORMATION

# Parents Sleep Pack

The Learning Disabilities Team



You have been referred into our Learning Disabilities Nurse Clinics for Support around sleep. All of our nurses have been trained via the 'sleep Scotland Charity' to become sleep counsellors, enabling them to provide counselling for parents and carers of children and young people with a learning disability. Sleep counselling helps parents and carers by giving them specific, tried and tested behavioural and cognitive techniques to adapt their child's night-time behaviour.

Before we send you an appointment to meet with two of our Learning Disability Nurses (Sleep Counsellors) we have enclosed a 'sleep pack' for you to have a look at.

The Sleep pack has some information around:

- average sleep needs
- Sleep hygiene
- An example of a graded sleep Programme
- Sleep diaries

Please can you complete some sleep diaries prior to your first appointment. We will send you an appointment in the post where we will meet with yourself to go through the sleep assessment. We do not need to see your child at this point. Once we have completed the sleep assessment and looked through the sleep diaries, we will then put a sleep management programme in place (a plan). We fully understand some of the difficulties and daily struggles our families go through, and therefore will ensure that is made as person centred as possible to meet the needs of the young person and their families.

If you have any further questions or require any further information please do not hesitate to give us a call on 0330 024 5321

We look forward to meeting with you and your child in the near future.



[www.childrenandfamilyhealthdevon.nhs.uk](http://www.childrenandfamilyhealthdevon.nhs.uk)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.