

NEED HELP WITH YOUR CHILD'S SLEEP?

Sleep clinics for families of children aged 12 months upwards in
Bassetlaw



Does your child have difficulty sleeping? 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 Stacey on stacey@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 forms.office.com/r/QnZteuCHYY

thesleepcharity.org.uk

   [@thesleepcharity](https://twitter.com/thesleepcharity)