

## 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](mailto:helen@thesleepcharity.org.uk)

Visit the website for further sleep advice and information at [thesleepcharity.org.uk](https://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](https://thesleepcharity.org.uk)

   @thesleepcharity

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the  
**national sleep**  
helpline



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