

What next?

If you would like more information please do not hesitate to contact:

Cerebra Sleep Administrator - Kaileigh Wilson

Tel: 01267 244210

Email: sleep@cerebra.org.uk

Or the Sleep Practitioner for your area:

Central England	Patricia Everitt	07920106217	patriciae@cerebra.org.uk
North England	Claire Varey	07827829299	clairev@cerebra.org.uk
South West England	Sarah Coldrey	07780983122	sarahc@cerebra.org.uk
North Wales	Bethan Roberts	07787837961	bethanr@cerebra.org.uk
South Wales and Bristol	Catherine Stone	07827829300	catherines@cerebra.org.uk

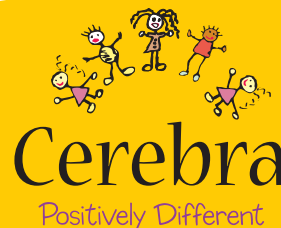
Postal address

Cerebra
2nd Floor Offices, Lyric Building
King Street
Carmarthen
SA31 1BD



Cerebra's Sleep Practitioners are available to help families of children who have neurological conditions.

Sleep Service



Registered Charity no. 1089812
Company no. 4336208

www.cerebra.org.uk

Cerebra's Sleep Service

We provide a free and confidential sleep service to parents and carers of children 16 and under who have a brain injury, neurological disorder or developmental condition. We provide information and advice to families by telephone, email, home visits, clinic appointments, post, presentations, seminars and workshops.

Please note: you must be a member of Cerebra to access the sleep service, it is free to join, just contact us.

We can help with:

- » Bedwetting
- » Night waking
- » Difficulty getting to sleep
- » Early rising
- » Night terrors
- » Nightmares
- » Head banging/rocking
- » Unable to sleep alone
- » Obstructive sleep apnoea
- » Narcolepsy
- » Pain at night
- » Anxiety at night
- » Restless leg syndrome
- » Sleep walking
- » Epilepsy
- » Daytime sleepiness
- » Periodic limb movement disorder
- » Spasms
- » Delayed sleep phase
- » **This list is not exhaustive**

Many parents have found the help of our sleep team invaluable. Elizabeth, mum of Ben, a 5 year with Asperger Syndrome and sleep difficulties said:

“ The Cerebra Sleep Practitioner helped us to feel empowered, that we as a family can tackle the sleeping issues and eventually we will get the result we need for all of us ... thanks to the advice, reassurance and encouragement that we have received from Cerebra. ”



Sleep Presentation: Understanding and Managing Sleep

Our 1 hour presentation will help groups of parents and carers to understand what is a typical sleep pattern, as well as common sleep problems and techniques for solving these problems. Parents are sometimes asked to attend this presentation after seeing a paediatrician or other professional for sleep advice. We are not able to give specific advice to individuals at the presentation but 1:1 support at a sleep clinic or self referral to the sleep service is offered to all those who attend.

Sleep workshop

We also offer interactive workshops for groups of parents and carers to understand sleep, its benefits and how to implement an effective bedtime routine, and why this is important. There are group discussions with a sleep practitioner about sleep problems and techniques but 1:1 appointments or self referral to the sleep service can be arranged at the workshops.

Teen sleep workshop

These workshops are aimed at young people age 11+ and focus on the sleep issues experienced by teenagers. They can also be delivered to parent/carer groups, support staff, and pre-teens in schools or other venues. A mentor/buddy sleep training scheme and individual 1:1 work is also offered at the workshops.

Telephone Consultations/Sleep Clinic/Home Visit

We offer 1:1 clinic appointments (1 hour), telephone consultations or home visits (1½ hour) with your allocated sleep practitioner to discuss your child's specific sleep problem. Prior to the appointment you will be asked to complete a sleep questionnaire and sleep diary (if appropriate). The sleep practitioner will aim to give you a sleep programme at the end of the appointment (time and complexity of case allowing). You will receive follow up support from the Sleep Practitioner.

(Home visits are subject to sleep practitioner availability and distance.)

