

How to register:

Parent's name:

Child's name:

Child's date of birth:

Address:

Postcode:

Tel: Mobile:

Email:

School child attends:

Return form to Sleep Clinic Coordinator:

Mrs Chris Hoyle

Inscape House,
Schools Hill, Cheadle, Stockport SK8 1JE

t: 0161 283 4750

e: choyle@togethertrust.org

inscape
house

Inscape House

Schools Hill,
Cheadle
Cheshire
SK8 1JE

t: 0161 283 4750

e: inscapeheadle@togethertrust.org

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For further information about our range of services please visit our web site

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The Sleep Clinic

A specialist service to support the families of children and young people with Autism Spectrum Conditions (ASC) who have sleep-related problems.

Autism and sleep

Many children with Autism Spectrum Conditions (ASC) have poor sleep patterns:

- Some children have complex bedtime routines which must be followed each night or the child becomes distressed.
- Some children have anxieties about going to sleep and will only settle with a parent lying next to them.
- Some children settle to sleep late at night and then wake after only a few hours.

The list is endless. Each case is individual and these problems can last for years. The effect on the child and their family can be devastating. Parents often don't know who to ask for help, and when they do manage to pluck up the courage to tell a professional about their child's sleep problem they are often told *"well he has autism, what do you expect!"*

We believe that poor sleep patterns are not an integral or inevitable part of an ASC - there is something that you can do about it.

Inscape House has set up a sleep clinic to help families to deal with these issues. A team of staff have been trained by 'Sleep Scotland' to work as Sleep Counsellors. This enables us to offer a unique ASC-specific sleep counselling service run by professionals who are experienced in working with children and young people with ASC. This service is free to families within Inscape House. Other families may access this service. Fees on application.

How does a Sleep Clinic work?

1. Parents or carers should complete an application form and return it to the Sleep Clinic Coordinator (see back of this leaflet).
2. The child or young person is then placed on a waiting list.
3. When a space is available the child/young person is allocated to a team of Sleep Counsellors.
4. The initial meeting involves taking a detailed sleep history; this can take up to two hours.
5. Parents or carers are then asked to complete sleep diaries over a period of at least two weeks. These diaries are returned to the Sleep Counsellors to analyse.
6. Next, a home visit is arranged so the Sleep Counsellors can look at the child/young person's sleeping arrangements. This is a crucial part of the process as practical solutions often play a key part in any sleep programme.
7. Then a second meeting with parents or carers is arranged to discuss a sleep management programme and practical strategies.
8. Follow-up contact is arranged to suit the needs of the parents or carers and may be done in person, by phone or by email.