



# Sleep Clinic

Sleep Clinic is for parents/carers of children aged 12 months-4yrs 11months who are struggling with their child's sleep despite general advice -on poor sleep hygiene, difficulty settling to sleep and/or night waking.



Families receive an individual plan tailored to support them to improve their child/children's sleep.

This will be reviewed with you and will be adapted if necessary.

If you want to find out more you can:

- Get in touch by phone, email (details below).
- Have a look at our website.
- Just walk into one of our buildings where staff will be happy to help.

T : 0115 9773741

E : [FHAshfield@nottsc.gov.uk](mailto:FHAshfield@nottsc.gov.uk)

W : [www.nottinghamshire.gov.uk/care/familyhubs](http://www.nottinghamshire.gov.uk/care/familyhubs)