

The Problem

Children with special needs are far more likely to have serious sleep problems than other children. They may not settle, or wake frequently throughout the night or very early morning. Often children can be very noisy or distressed and cannot be left unattended. Some parents have to sleep in shifts for months or years.

Lack of sleep affects the child throughout the day, reducing their ability to learn and sometimes contributing to behaviour difficulties. Sleep deprivation can have a devastating effect on the whole household. It affects the parents and siblings and can make it hard to deal with the other pressures of being a parent of a child with special needs.

The Solution

Sleep problems can be effectively treated using specially adapted behavioural and cognitive techniques. This reduces stress levels for the parents which in turn leads to improved health and quality of care for the whole family.

The Way Forward

We aim to work with the families and carers of children and young people with sleep problems.

sleep manchester

How to Contact Us:

Tel : 0161 448 8895

Fax: 0161 445 4970

E-mail: head@thebirchesschool.org

www.thebirchesschool.org

Sleep Manchester

c/o The Birches
Specialist Support
Primary School
Newholme Road
West Didsbury
Manchester
M20 2XZ



Healthy Schools
MANCHESTER
2012-13



sleep manchester



Providing support to the families of children with special needs and severe sleep problems

Referral Request

Please complete the details below and return to the address below. Alternatively we can be contacted by phone or e-mail. Details overleaf.

Name:

Address:

Postcode:

Tel.No:

E-mail:

Name of Child:

Sleep Manchester
c/o The Birches Specialist Support
Primary School,
Newholme Road,
West Didsbury,
Manchester, M20 2XZ

When we receive this completed form we will be in contact

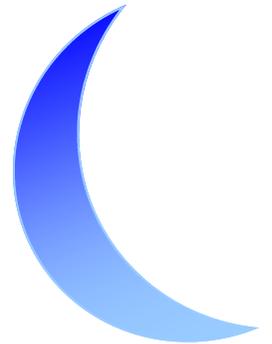


We are a multi agency service established by the Coordinated efforts of The Birches, Lancasterian, Ashgate, Sure Start & the Disabled Children's Team.

- We will work across the range of services
- We will provide sleep advisors to work with an individual or an individual family
- We will build up a detailed sleep history and in agreement with the parents/carers will suggest a range of strategies to adapt children's night time behaviour.
- We aim to help children with special needs to sleep better and consequently to improve their daytime performance.
- We will provide sleep clinics to offer support and review progress.



“Homes with special needs children who cannot sleep are in a state of total stress. Families break up. Brothers and sisters are affected. More children go into care. It is a nightmare that can go on for years.”



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