

Autism Sleep Clinic

Supporting families of children and young people with autism who have sleep-related problems

Autism Sleep Clinic

Specialist sleep programmes



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Autism and sleep

Many children with autism 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, they have autism what do you expect?"



We believe that poor sleep patterns are not an integral or inevitable part of autism. With our help there is something that you can do about it.

Our specialist sleep clinic is here to help families to deal with these issues. We offer a unique autism specific sleep service run by professionals who are experienced in working with children and young people with autism, who are also trained sleep practitioners.



"This programme has improved our lives immensely. We are so grateful that we were given this opportunity to take part. I believe that other families would benefit from this programme and hope they get as much from it as we did! Thank you so much for all your help." **Parent**

Autism specific sleep programmes tailored to your needs



Registration form (parents/carers fill and out and print)

Parent/carer first name:

Surname:

Address:

Postcode:

Tel:

Mobile:

Email:

Child's name:

Child's date of birth:

School child attends:

Please return this slip to the address overleaf or email details to chris.hoyle@togethertrust.org.uk
or fill in a general enquiry form at www.togethertrust.org.uk/contact-us

For further information please contact:

Chris Hoyle, Autism Sleep Clinic Coordinator
e: chris.hoyle@togethertrust.org.uk

For further information about our range of services please contact:

General enquiries t: 0161 283 4766 e: enquiries@togethertrust.org.uk

www.togethertrust.org.uk

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Please return to

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