

Sleep



It's common for children to struggle with sleep at different times of their lives depending on what's going on for them at the time. Things like a rough day at school or anticipation for non-uniform day can cause all children to have sleepless nights. When this is consistent, or you have a child who cannot communicate effectively then these life events can be huge mountains to climb. Taking a consistent, calm, and positive approach to sleeping and sleep hygiene can really help you feel more in control of your sleeping. Remember there is no right or wrong way; there is only your way.

In rare circumstances some children can experience sleep apnoea. It can be caused by enlarged tonsils or adenoids in children. Signs are snoring and increased tiredness during the day. This needs specialist support, and you should seek support from your GP or paediatrician for this.

Below is a link to The Sleep Charity and The Sleep Council – they are both sleep organisations who have some very useful and practical hints and tips and print outs for all children. There is a helpline, and in extreme circumstances one to one support.

There is also the NHS link for younger children with sleeping difficulties.

Try some of the advice here and if you're still struggling see your GP or our paediatrician for support.

<https://thesleepcharity.org.uk/>

<https://sleepcouncil.org.uk/>

<https://www.nhs.uk/conditions/pregnancy-and-baby/sleep-problems-in-children/>