

# KOALA NORTH WEST SLEEP SUPPORT



## CHESHIRE

FOR CHILDREN AGED 2-11YRS ON A  
PATHWAY OR HAVE BEEN DIAGNOSED  
WITH ADHD OR AUTISM



**Sleep deprivation can have a huge impact on families  
and can affect everyone in the household.**

Sleep problems are very common, but more likely to occur among children with additional needs. Research has suggested that as many as 86% of children with additional needs have sleep problems. In children sleep problems and insufficient sleep can result in daytime sleepiness, learning problems and behavioural issues such as hyperactivity, inattentiveness and aggression. When a child is having sleep issues it can impact on all areas of their development including their emotional, physical and mental health.



## WHAT WE OFFER...

We use a behavioural approach to sleep. We believe in working in partnership with families and offer a gentle approach to making lasting changes to your child's sleep patterns. You are the expert on your child and we work alongside you to support positive sleep outcomes. Our work is based on the latest research.

## ACCESSING SUPPORT...

- With your consent, any health professional can refer you to our Sleep Support Service by emailing [sleep@koalanw.co.uk](mailto:sleep@koalanw.co.uk)
- One of our Sleep Practitioners will contact you to carry out a sleep assessment and will discuss with you the options available for support.



[ADMIN@KOALANW.CO.UK](mailto:ADMIN@KOALANW.CO.UK)



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