

“Sleep What’s that ?”

Are you and your children struggling to get a good night’s sleep?

Thanks to funding from the Comic Relief Community Grant we are delighted to offer a **free Sleep Hive for parents/carers of children with sleep deprivation** on Thursday 1st February 10.00 - 12.30pm at ‘The Hub’ - North Walsham Infant, Junior School and Nursery, 2 Manor Road, NR28 9HQ

The Sleep Hive is designed for **all** exhausted parents and is also suitable for parents of children with complex and additional needs.

Follow-on support is offered by our **drop-in sleep clinic** at 10.30 (for Bounce & Rhyme) on 7, 14 and 28 February and 14 March at North Walsham Library, New Road, North Walsham, NR28 (DE

The Sleep Hive is fun, interactive and covers the following:

- The Physiology of sleep
- Play Sleep Bingo
- Sleep Quizzes
- Why is my child not sleeping ?
- Sleep information and strategies
- Keeping a sleep diary
- Developing a good bedtime routine
- Maintaining a good sleep pattern

Contact: joybishop@sleepeast.co.uk to book your free place.



British Sleep Society

UK Multidisciplinary Sleep Professionals

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