



| [2sleep@2sleep.org](mailto:2sleep@2sleep.org) | 07914 308227 | 07896 676192

## **Sleep Support for LBWF families with children with SEND**

2sleep have been commissioned by Waltham Forest Short Break Services to provide one to one sleep support for children with additional needs / SEND. In order to be referred to 2sleep families must apply for the service via LBWF Short Breaks Service. The sleep support offered is a consultation with a sleep practitioner to discuss the sleep issues that your child may be experiencing and advice on making changes to your child's sleep.

### **Who are 2sleep?**

Vanessa Moore and Carol Prideaux are Sleep Practitioners, specialising in sleep support for children with and without special needs. We were trained by Dr Cathy Hill, a senior lecturer in Child Health who heads a multi-disciplinary sleep-based team within Solent NHS Trust, and Scope Sleep Services.

We know from our personal experience with our own children how difficult it can be living with a child who has a sleep problem. Both of us have children with autism and complex health issues as well as other children without disabilities that had issues with sleep. Having dealt with sleep issues in our own children we truly understand the effects of sleep deprivation and the impact that it can have on all members of the family.

Together we make up 2Sleep, a private sleep service which aims to provide practical help to support families and professionals working with families who have a child with a sleep issue. We are experienced in running seminars and training workshops for parent groups, schools and professionals who want to learn more about managing sleep problems in children with and without special needs. We also work with families to set up individual sleep programmes tailored to the needs of their child.

### **What do Sleep Practitioners do?**

Sleep Practitioners undertake specialised training on how children sleep and different kinds of sleep problems. Using a behavioural perspective, they examine how children develop poor sleep patterns and how much of this is learned behaviour.

Where children are experiencing issues with sleep, practitioners can give advice to families and produce a behavioural sleep report with advice on how to address sleep issues. Behavioural advice may cover sleep issues such as won't go to bed, self-settling, difficulties in falling and staying asleep, waking early and parasomnias as well as advice on sleep issues relating to different syndromes and disorders and sleep issues that children with SEND may experience. Sleep reports are produced by completing a detailed sleep interview, the family keeping a sleep diary over two weeks and through discussion with the family on how they would like to approach their child's sleep issue.

## **Referrals to 2sleep**

Families who have had sleep support agreed by LBWF Short Break Service will receive a confirmation letter from LBWF Short Break Service with information about 2sleep and the sleep support that can be provided.

If the referral is accepted, the parents will be asked to complete a sleep diary, and the parent's/carer's details will be sent to the Sleep Team. The assigned practitioner will then arrange a telephone consultation with them and will give support over the phone or via Teams/Zoom call. If needed they can do a home visit.

If your referral is not accepted, you will be informed about the steps the family can take to find support.

## **Appointments**

Appointments can be carried out via a home visit, telephone call or video conference call. The video conference platforms that 2sleep uses are Teams or Zoom but if families wish to use their own video conference platform, 2sleep will be happy to work with this. At the time of arranging an appointment the completion of a sleep diary recording bedtimes, times falling asleep and night waking will be discussed with families. Where possible it is helpful to have the sleep diary completed over a two-week period before the sleep appointment. The diary forms an important part of developing a sleep plan and therefore the families input into completing this helps to produce an accurate sleep plan.

## **Home Visit, Telephone or Video Conference call to conduct sleep interview**

A sleep practitioner will either visit, call or video conference with you as arranged to take a full sleep history of the child by asking questions about the child's sleep. The interview will take up to 90 minutes to complete. The information gathered from the sleep interview plus the sleep diary (if completed) will then be used to develop a detailed sleep report. During the discussion about the child's sleep, advice will be given on how to make changes to the child's sleep specific to the sleep issues that the child is experiencing.

## **Sleep Report**

A detailed sleep report is written and sent to the family by post or email (if email contact is preferred and details have been provided). The report contains sleep advice and information on relevant sleep strategies that can be used to address the sleep issues that the child is experiencing. 2sleep do not advocate any specific strategy but will provide recommendations on relevant strategies that may be used to support the issues raised at the sleep interview so that families can then make informed choices about what is suitable for them and their child.

## **Further Support**

Following receipt of the sleep report families can request a follow up home visit, telephone or video conference call to talk through the sleep report and discuss with a sleep practitioner how to make changes to their child's sleep as outlined in the report. 2sleep can also provide up to four telephone support sessions arranged as needed as families work through implementing sleep strategies. This enables families to discuss with 2sleep any issues they have as they make changes to their child's sleep.

Further support can be arranged by calling or emailing 2 sleep on the contact details above following receipt of the sleep plan. If families do not require or request further support within three months of receiving their sleep report 2sleep will close the referral and advise Waltham Forest Short Break Service that the referral has been completed by 2sleep.

## **Questions or Queries?**

If you have any questions about the sleep support commissioned by LBWF Short Breaks Service or 2sleep please do not hesitate to contact the Short Breaks Team: [shortbreaks@walthamforest.gov.uk](mailto:shortbreaks@walthamforest.gov.uk). 2sleep can also be contacted in the following ways: Email: [2sleep@2sleep.org](mailto:2sleep@2sleep.org) Phone or text: 07914 308227 (Vanessa Moore) / 07896 676192 (Carol Prideaux)