

Family Service - Neurodevelopmental Support Team (NST)

Sleep Tight Programme

The Sleep Tight programme aims to support parents and carers to help their children and young people to achieve a better night's sleep. It is an evidence-based programme and is regarded as the best and most affective approach to sleep management by professionals, including paediatricians. This is the first formal step in the health pathway.

The Sleep Tight Programme is recommended if your child falls into one of the following categories:

- Is under the care of community paediatrics at NUH or SFH,
- Has a diagnosis of Autism and/or ADHD
- Was referred by community paediatrics to NST for Sleep Tight
- Was expecting to be referred onto Community Paediatrics following an assessment by NST.

What can I get out of the Sleep Tight Programme?

Once you have completed the programme you will be able to:

- Recognise the role of sleep hygiene to improve sleep
- Introduce a sleep diary to identify potential sleep issues
- Identify the causes of sleep issues and appropriate practical strategies

These workshops are delivered both face-to-face and virtually. Face-to-face is delivered in 5 x 1.5 hours sessions. The virtual programme is only suitable as a refresher or if you require help and support to understand and manage sleep hygiene and routines only, it is delivered in one session.

How to book:

You do not need to be referred by a professional, you can book yourself a place on the above course providing you have a Nottinghamshire GP (excluding Bassetlaw and Nottingham City) and meet the above criteria.

You will need to click the link below, copy/type this link into your browser, or scan the QR code to the right, then complete and submit the online form. We will send you a list of available workshops for both options, usually within 5-10 working days.



<http://bit.ly/NST-opt-in>