



LOTTERY FUNDED

sleep 
solutions

Scope
About disability



Does your child get the sleep they need?

Sleep Solutions provides support for families of disabled children and those with additional needs, aged between two and 19, who have severe sleep problems.

Sleep disorders can present themselves in different ways. If your child is finding it hard to sleep, then we bet you and the rest of your family are too.

We offer a tailored sleep service that includes workshops, clinic appointments and home visits where appropriate, as well as vital phone & email support.

We understand every family is different and will support you in the most appropriate way through your individual sleep programme.

All of our practitioners specialise in working with disabled children & those with additional needs. They identify & address basic sleep problems, improving outcomes for the families they work with. The team has years of experience and are skilled at providing responsive and flexible support.



For more information please contact Jean Brown our Sleep Co-ordinator by email jean.brown@scope.org.uk or by tel: 07435964605. For all sleep workshops and latest information, please visit our Facebook page at [facebook.com/scopemerseyside](https://www.facebook.com/scopemerseyside)