

Does your child get the sleep they need?



If your child is finding it hard to sleep, then we imagine you and the rest of your family are too.

Sleep Right supports families with disabled children aged two to 18, to improve their sleeping patterns.

This free programme includes:

- support from an experienced sleep practitioner over a six-week period
- a tailored sleep plan to help your child get a better night's sleep
- relaxed group sessions with other families.

Our experienced practitioners offer tailored support to help your child to improve their sleep routine.



“Best thing we ever did!”

Sarah, Florence’s mum

Please complete an online application form and one of the Sleep Right team will be in touch.

scope.org.uk/sleep-right

SCOPE

= Equality for disabled people