

“Sleep What’s that ?”

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

Thanks to funding from the Flux Foundation we are delighted to offer a **free drop-in Sleep Clinic for parents/carers of children with sleep deprivation**

at 10.00 on 1 December and 5 January at
Swaffham Library, The Pightle, Swaffham, PE37 7DF

Join us for the bounce and rhyme session and then spend time with a qualified sleep counsellor getting your sleep questions answered.

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

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

- Sleep information and strategies
- Keeping a sleep diary
- Developing and maintaining a good bedtime routine



British Sleep Society

UK Multidisciplinary Sleep Professionals

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