

Sleep Right

Supporting families of children with additional needs to improve their child's sleep

Does your child struggle to sleep?

Sleep Right is a free tailored service that supports families with children aged two to 18 to improve their sleep.

"It's just one of those things that's so invaluable. We were at our wits' end."

Peter,
Elara's dad



Over six weeks, you'll get:

- support from an experienced sleep practitioner
- a sleep plan to help your child improve their sleep routine
- relaxed group sessions with other parents and carers

“Each family’s experience is unique, so the support we offer them is bespoke. Whatever your situation and background, we’re there to support you.”

Bunor, Sleep Right



The sessions are run in person at local venues. We can provide adjustments if you need them, such as British Sign Language interpreters, large print materials or hearing loops.

It’s free to join and you can apply online. Find out more:



scope.org.uk/sleep-right



0808 800 3333

SCOPE = Equality for disabled people

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