

# Sleep Problems



## Worried about your child's sleep - where to find help and support?

Your body and your brain need sleep. Though no one is exactly sure what work the brain does when you're sleeping, when your body doesn't have enough hours to rest, you may feel tired or upset, or you may be unable to think clearly. Sleep is an individual thing and some need more than others, but if children are having trouble getting to sleep and staying asleep, this can have a big impact on their health, behaviour, learning and emotions.

## How do I know if my child has sleep problems?

The most common problems parent and carers say is their child is not getting into bed, not settling or is not staying in their own bed. Some children regularly wake up in the night, or have trouble getting up in the morning. You may have already asked them what the matter is, tried giving them a night light or a cuddly toy and cut out drinks with sugar and caffeine. You may have kept the same routine at weekends as well in the week and taken the toys, gadgets and television out of the bedroom. You may have given them plenty of fresh air and exercise in the day and even a small snack before bedtime but are finding these tips are still not working.

Why your child may not be sleeping:

- Side effects of medication, allergies, growing pains, or itchy skin
- They are hungry or too full
- Anxious or worried.
- Friendships or bullying
- School work
- Family relationships
- Divorce or separation
- Changes in routine such as a new school or moving house
- Nightmares and bad dreams
- Wetting the bed

## Who can help?

Pinpoint works with specially trained sleep practitioners in Cambridgeshire who can work with families to help overcome sleep issues such as night waking, trouble settling to sleep, night-time routines and challenging behaviour at bedtime. You can call them 01480 379 800 Email: [Community.SupportServices@cambridgeshire.gov.uk](mailto:Community.SupportServices@cambridgeshire.gov.uk)

## Where to find out more on website:

[www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk) and look under Useful Information