



**Does your child experience challenges with sleep?**

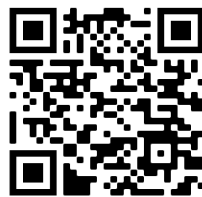
**Are they between the ages of 3½ and 18?**

**Have they been identified by a professional as having an additional long term health or development need and reside in the Sunderland Area?**

If you answered yes to those questions, then the North East Sleep Alliance is here to support you.

Using a tiered approach we can provide telephone support, resources, parent sleep support sessions and bespoke 1:1 sleep assessments.

<https://northeastsleepalliance.co.uk>



For more information, please contact:

Self referral

<http://northeastsleepalliance.co.uk/contactus>

The North East Sleep Alliance

01642 531248-option 1 / [sunderlandsleepservice@daisychainproject.co.uk](mailto:sunderlandsleepservice@daisychainproject.co.uk)

Your local 0 to 19 Service or Health Visiting/School Nursing Team

