

CEREBRA

Working wonders for children
with brain conditions



CEREBRA SLEEP SUPPORT

For more information please
scan the QR codes
(Links are also attached to the
images if using a device)

[Sleep Advice Service - Cerebra](#)



Cerebra Sleep Booklet

A guide for parents

We know that if one child doesn't sleep, the whole family suffers. Our three-part guide helps you understand the issues around sleep that might be causing disturbed sleep in your family. Firstly it looks at common sleep problems in children with complex needs and how these are assessed. It also describes sleep problems in specific genetic syndromes. Finally it outlines strategies that can be used to improve sleep problems in all children.

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Sleep Cards

Our Sleep Cards offer different approaches to help you tackle some of the most common sleep problems experienced.

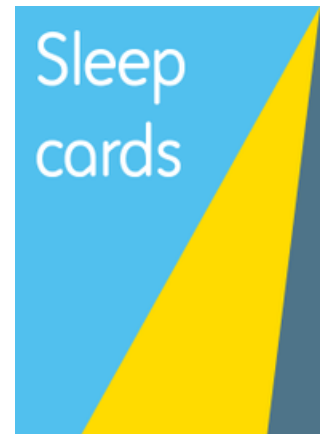
They Cover

- Bedtime routine
- Calming time
- Moving bedtime forwards or back
- Graduated extinction
- Gradual withdrawal
- Reducing daytime naps
- Positive sleep associations
- Rewards
- Sleep environment

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Sleep
cards



Sleep Tips Booklet

Our Sleep booklet introduces and explains different techniques for tackling common sleep problems. It covers ten main topics including bedtime routines, daytime napping, comfort objects and moving bedtime backwards or forwards. It gives lots of illustrated hints and tips for putting the techniques into practice.

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