

Sleep east.

Sleep East CIC– pathway to sound sleep, a lifeline for families and groups

Sleep deprivation has devastating effects upon children and families.

Sleep East can help.

Good sleep enhances behaviour and mood, increases the ability to learn and function, reduces hyper-activity, daytime drowsiness and has an impact on growth.

Children who sleep well are more able to achieve their full potential. Parents of children who sleep well have better relationships, experience less depression and better emotional well being.

Sleep East offers:

- individual sleep counselling
- Sleep Well, Live Well workshops
- specialist Sleep Well, Live Well workshops for parents of children with complex and additional needs.

Our qualified sleep counsellors have extensive experience of working with children particularly those with special needs.

Call or email us to discuss your needs and commission our services. A good night's sleep transforms lives



UnLtd  Award Winner



LOTTERY FUNDED

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