



# Improving lives through better sleep

Seashell are proud to offer a range of innovative sleep support to children and young adults with complex needs and their families.

## What types of support do we offer?

### **Sleep Success**

A half-day course designed to help families understand sleep and consider some helpful tricks and tips that might improve sleep for everyone.

### **Sleep Better**

A 5-week course which offers the content of the Sleep Success course with the added benefit of peer-support and more guidance to introduce new strategies for sleep.

### **1:1 Clinics**

Clinics are available once you have attended a Sleep Success or Sleep Better course. Clinics offer intensive support over 5 sessions to help you identify and make changes to behaviour that are impacting sleep

For more information, contact:  
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# Seashell