



## The Sleep Clinic Fact Sheet

### What is The Sleep Clinic?

The Sleep Clinic is run by The ID-CAMHS for children with a diagnosed learning disability. The service is run by our fully trained sleep practitioners.

### How do I get an appointment?

The Sleep Clinic does not accept self-referrals from parents. Referrals can be made from health care professionals and social workers (this can be your GP or Paediatrician). For a referral to be accepted by The Sleep Clinic, sleep must be the main issue of concern.

You may have been referred to The Sleep Clinic as a result of having seen one of our nurses through our Initial Assessment process

### What happens when I get an appointment?

You will be given some sleep diaries to complete for four weeks before your appointment date. You will then be invited to attend an appointment with our sleep practitioners. This appointment will be an assessment of current sleep issues and will take between 1 – 2 hours. These appointments are always without the child being present.

### What happens after my appointment?

A home visit will be booked so that the sleep practitioners can meet the child and review the sleeping environment.

A sleep assessment report will be produced and sent to you by post. You will have the option to implement the sleep advice on your own or with the support of the sleep practitioners.

### Can my child be prescribed Melatonin?

There is a process in place that needs to be followed before Melatonin can be considered. Melatonin can only be prescribed on a “named patient” basis after a full sleep assessment has taken place. This flow chart will take you through the process.



Referral to The Sleep Clinic

Complete sleep diaries for 4 weeks

The Sleep Clinic Initial Assessment appointment

Home visit to review the environment

Sleep Assessment Report is produced with recommendations.

These may include:

- Changes to the environment
  - Changes to routine
- Improvements in sleep hygiene
- <https://cerebra.org.uk/wp-content/uploads/2020/03/sleep-guide-june19-low-res.pdf>

Recommendation are carried out and then reviewed

If the child has an issue with sleep onset (falling to sleep) that has not been resolved by practical recommendations Melatonin may be considered. (The child will need to be taking 1.5 hour plus to fall asleep before we would consider Melatonin)

If Melatonin is then prescribed it is for an initial 4 week trail and sleep diaries will need to be completed again for these 4 weeks. (a starting dose would be 2mg).

We will need to prove that the Melatonin has reduced the time it takes for the child to fall asleep before we can continue to prescribe the Melatonin.