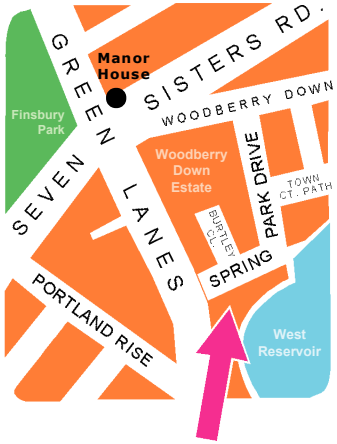

John Scott Health Centre

Green Lanes
London N4 2NU

020 8809 5577

Entrance to the Community Centre is on Spring Park Drive - then go up to 1st floor

East London NHS
NHS Foundation Trust

Design: Heather Weston **heather@bookery.co.uk**

April 2008

'Lavender' Lamb' appears courtesy of the Early Learning Centre

THE sleep clinic

The aims of the service

The Sleep Clinic is a service for parents and their children between the ages of 6 months and five years. Older children would normally be referred to the Child and Family Consultation Service.

The Sleep Clinic sees families where a baby or child may have such difficulties as settling to sleep and/or waking frequently during the night.

How to refer

Referrals can be made by health professionals with the agreement of the parent(s) or by the parent(s) themselves.

How we try to help

There are many reasons why babies or children may have disrupted sleep patterns. The staff at the Sleep Clinic approach parents' concerns through working together with them to think about ways to improve the different situations that present. It is often helpful to keep a diary of times settled, times the child awakes and what response is given prior to visiting the clinic.

Appointment system

The Clinic is held on a Thursday morning at the John Scott Health Centre, Green Lanes, London N4 (see map).

Appointments can be booked by telephone and generally last for up to one hour.

For an appointment, telephone:
Jennifer Walters Clinical Psychologist
on 020 8809 5577

Interpreters

If English is not your first language please let us know and we can arrange for an interpreter.

How confidential is our service?

We are very concerned about the need for confidentiality.
We only discuss cases with colleagues in the team. We would not talk to anyone else without your permission. The only exception to this would be where we are concerned about the safety and well being of a child.

Comments and complaints

If you have any suggestions about improving our service or you feel that we could do more to help please let us know.