Healthy sleep - who gets it?

Background

Sleep Scotland was founded in 1998 and is working to ensure we all thrive through healthy sleep.

We provide training for healthcare, social work, education and third sector professionals to be able to improve sleep for the families in the communities they work in.

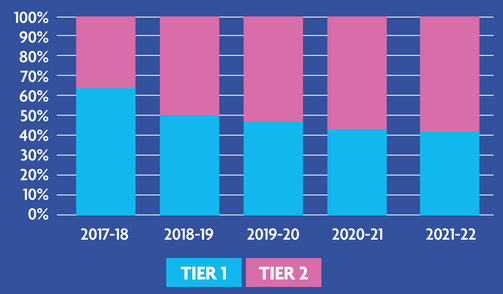
Additionally, since 2017 Sleep Scotland operates a completely free of charge Sleep Support Line for families of children (aged 18 months-18 years) across all local authorities in Scotland.

The service is run at two tiers:

TIER 1
Sleep Advisors work with parents and carers of typically developing children and young people, providing assessment of sleep issue and tailored sleep management plan.

TIER 2
Sleep Counsellors undertake the same process, focusing on working with children and families with complex needs such as physical disabilities, neurodiversity, learning difficulties, mental health, experience of trauma and suicidal ideation.

Proportion of complex (tier 2) cases in the caseload



Sleep Support Line through the pandemic

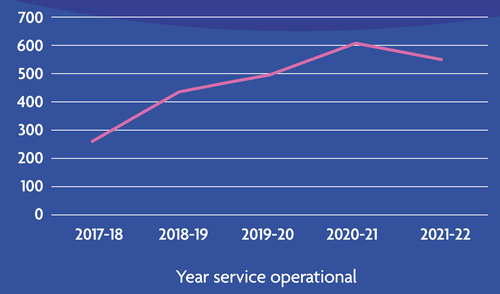
During the Covid-19 pandemic, the Support Line has seen the number of cases rising dramatically.

Families have been struggling with sleep due to disruption of routine, fewer opportunities to be outdoors and exercise, lack of social input, severely limited access to other support services and the overwhelming anxiety caused by the Covid-19 pandemic.

Service development during the pandemic:

- **New referral process implemented**
- **Waiting list management introduced**
- **New software used for data management and appointment booking to increase efficiency**
- **Resources developed to supply families with information and strategies as early intervention**
- **Additional Sleep Advisor and Counsellors capacity created**

Families supported by the Sleep Support Line



Fair access to healthy sleep

Children and families who routinely do not sleep well are negatively affected in their cognitive, emotional and physical development and wellbeing. Healthy sleep is a key foundation to overall wellbeing, however the opportunity to have healthy sleep is not equal to all.

Significant sleep issues are found in 86% of children with additional support needs, compared to 40% of their typically developing peers. Socio-economic status and housing provision has direct impact on quality of sleep.

As of July 2022, our data indicated that 63% of families we supported reside in most deprived areas of Scotland (SIMD 1&2).

How we make our service more fair and accessible:

- **Families can self-refer to service or be supported by another professional to do so**
- **All support is free of charge to families of children and young people (18mths - 18 yrs) living in Scotland**
- **All appointments are carried out via telephone to remove need for travel and calls are made to the family to avoid any phone charges on the family's behalf**
- **Families have a choice of appointment times and we work flexibly to provide support at times that suit them**
- **Ongoing work is carried out to ensure language and communication needs are being met by engaging interpreting services and translation of resources**

OUR FUNDERS

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www.sleepscotland.org

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