



## A Holistic Approach to Children's Sleep Problems

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Sheffield Children's NHS  
Fond Foundation Trust

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### Sleep... A Public Health Crisis?....

“We have two main epidemics among children. One is obesity and the other is mental health, and underpinning both of these is sleep....As a society we downplay the importance of sleep ...

Michael Farquhar, Consultant in sleep medicine,  
Evelina Children's Hospital

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## #SleepMatters



- Parents relationship break down
- Not able to work
- Impact on household income
- Breakdown of relationship with neighbours, friends, wider family
- Isolation
- Parental depression
- Increased risk or accidents at work or driving
- Lack of engagement with school, exercise
- Impact on diet
- Impact on siblings




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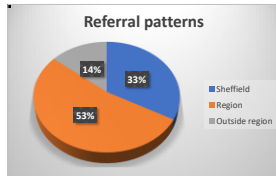
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## Sheffield Children's Hospital NHS Trust: Sleep Service

Demand for service has been overwhelming



**2008 (per week):**  
 1 consultant clinic;  
 2 x polysomnography

**2019 (per week):**  
 3 consultant clinics;  
 7 nurse-led clinics;  
 12 x polysomnography

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7 years old with ADHD  
 +4 hours to fall asleep, up 4-5 times a night  
 Sometimes no sleep for **36 hours**

- Damages property
- Steals food
- Impact on Dad's ability to drive

### Case examples



15 year old in residential home  
 4-5 hours sleep, up during the night  
 Impacting on other children in home  
 Very challenging behaviour  
 At risk to himself and others  
 Waking night staff employed

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## The Sheffield Children and Young People's Sleeping Well Project




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### Background to the Project

**Sheffield City Council**

- Consultation with parents of disabled children
- Parent Carer Forum survey 53% of respondents - children with sleep problems, 48% siblings sleep affected
- Future in Mind / School Surveys – highlighting sleep

**SCH - Sleep service**

- Sleep clinics since April 2008
- Sleep Unit Oct 2008
- No provision for sleep behaviour work
- Melatonin prescribing

**2015 Sleep Strategy Group**

- CCG / GP rep
- Public Health
- Lifelong Learning / education
- Parent Carer Representatives
- LA Early Intervention / parenting
- Disabled children services

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### Gathering Evidence



**The Intervention:**

Sheffield City Council, Commissioning, Inclusion & Learning Service

- Candi Lawson, Assistant Service Manager
- Sue Siddall, Senior Learning Mentor
- Ann Ives, Senior Parenting Practitioner



**The Pre & Post Research:**

Sheffield Children's NHS Foundation Trust

- Janine Reynolds, Sleep Clinical Nurse Specialist
- Ruth Kingstott, Sleep Physiologist

**Guidance and Advice:**

- The Children's Sleep Charity
- Fostering and Adoption
- Research and Governance teams

**Analysis and Learning:**

- Sheffield Children's NHS FT and SCC
  - Heather Elphick, Consultant and Professor
  - Lorraine Hall, Commissioning Manager

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## Intervention

Sleep Practitioners received accredited training  
[www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk)  
3 hour small group workshop or 1 hour clinic style appointment

- Sleep Hygiene information
- 1-1 support to develop an individualised plan
- Follow up support from a Sleep Practitioner



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