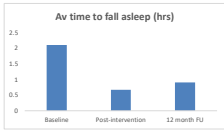
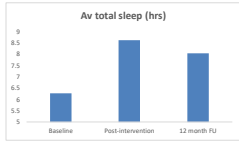


Results



12 months after the intervention had finished, children were still getting an average of 1.8 hours sleep per night more than at baseline.

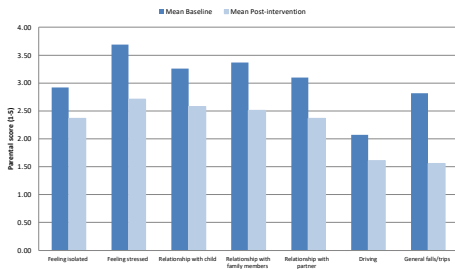
Children gained on average an extra 2.4 hours sleep a night = nearly 2 nights extra sleep a week!



Mood of the Child on Wakening



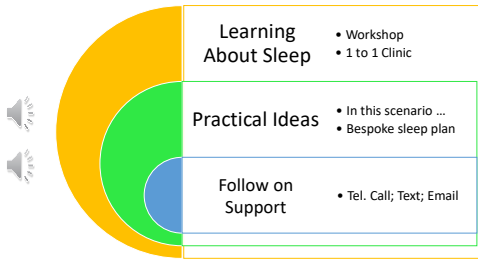
Impact on Parental Wellbeing

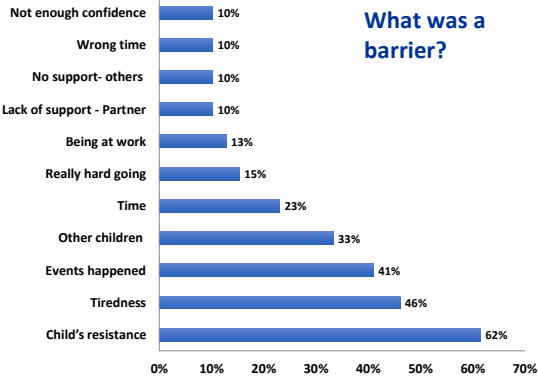


"More support than I ever expected. I have been asking for support since age 2 and have struggled for years unsupported and not listened to. This programme has been amazing, life changing and just loved being listened to and believed"

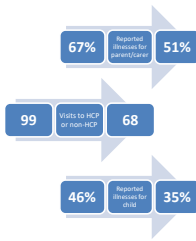


What helped parents ... Top 3's



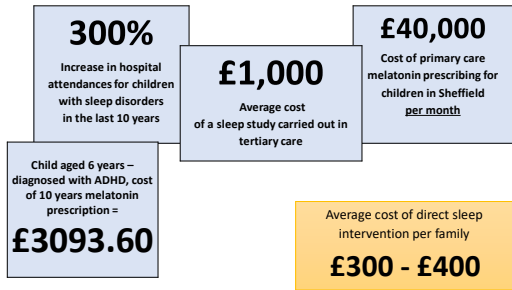


Wider Value



- Value for patient:
 - Seeing appropriate specialist and receiving the right support
 - Holistic approach
 - Inter-agency communication
- Value for money:
 - Consultant time savings
 - Waiting list targets
 - Potential to reduce placement breakdown, improve engagement, reduce contact with other services

Using resources effectively ...

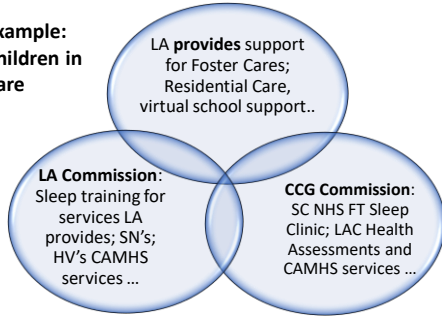


Commissioning is Changing

Historically commissioning has been:	Commissioning is becoming:
Based on activity and volume – tariff or block contracts	Based on outcomes, using different levers (e.g. risk/gain share)
Done in isolation	More integrated – across different organisations (e.g. NHS/LA) and different geographies (e.g. STP/ICS)
Focussed on treatment and cure	Focussed on early intervention and prevention
Concentrated around more specialist services (e.g. hospitals)	About development of more community based services

Provide and Commission - Complementary

**Example:
Children in
Care**



Doncaster Sleep Service

- [Commission the charity to deliver the service](#)
- Service specification outlines we offer sleep clinics, workshops, CPD training for staff and drop in sessions
- KPI are reported on a monthly basis and quarterly reports produced



Sleep Clinics

- Self referral system
- One hour appointment in community setting
- On-going support to implement programme up to 5 weeks
- Families to be offered appointment within 6 weeks of referral

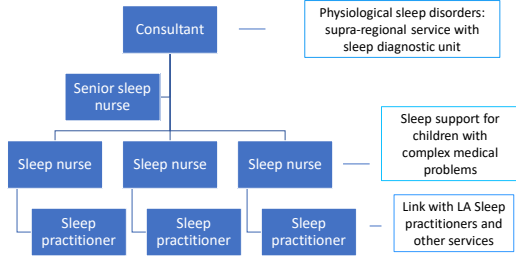


Success

- 100% of families were satisfied with the service
- 100% were offered appointment within 6 weeks of referral
- Over 90% accessed on-going support – some choose not to
- Over 90% success rate in resolving sleep issues
- Cost saving



SCH Nurse-Led Model

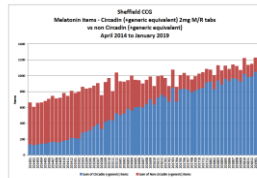


Melatonin prescribing

NURSE-LED CLINIC:

In a complex patient group (84% with medical co-morbidities, 54% of which were neuro-disability):

- 65% successfully discharged without melatonin (23% with neurodisability; 42% without neurodisability) – 35% weaned off melatonin and 30% avoided melatonin prescriptions.



Building capacity in the workforce

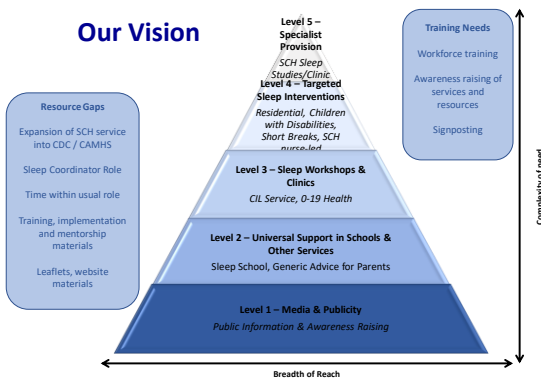
- Around 40 members of staff trained as sleep practitioners across the key services: Parenting, Health visiting, Inclusion, SEND, Children’s Residential Homes.
- ALL early help staff given awareness training
- 24 Schools trained in Sleep School



Initial Reach Figures:

- In Sheffield around 1000 parents attended a parenting group / seminar last year
- Sleep workshops integrated into some groups where need identified
- 98 parents attended a sleep clinic or workshop provided by the team
- 93% of these saw an improvement in their goal
- Many more received generalised support through early help

Our Vision



Another angle ...

Many parents and carers were also **employees**
 The NHS and LA's are 2 of the largest employers ...how many of our staff are ...



Driving to work or for work

Maintaining our city or parks ...



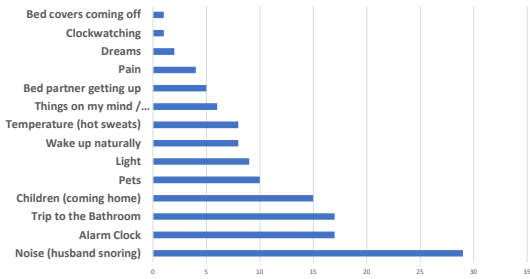
Undertaking assessments.
 Making key decisions



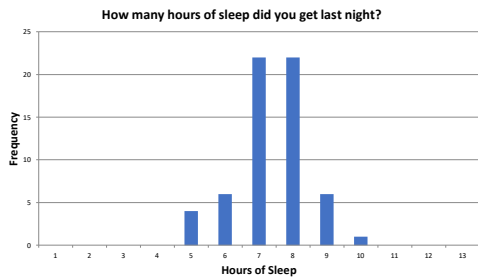
Administering health care or medical interventions

and are sleep deprived?

What wakes you from sleep?



How many hours of sleep did you get last night?



Are you an Owl or a Lark?

