

Eastern Sleep Clinic

**DOES YOUR CHILD FIND IT HARD TO SETTLE
AT BEDTIME?**

IS YOUR CHILD WAKING IN THE NIGHT?

ARE YOU EXHAUSTED?

Your Public Health Nursing team offer a free
Sleep Clinic available for babies (from 8
months), children & young people

SELF REFERRALS ONLY

Please call our Hub on 0333 234 1903 or email
rde-tr.easternphnduty@nhs.net

