

a Together Trust service

# Sleep Clinic

**Wednesday 15th September**  
**7pm to 9pm** (registration 6.45pm)

at The Red Hall Hotel, Manchester Road, Walmersley, Bury BL9 5NA

**Sleep and the Autism Spectrum – a problem solving workshop.**

Many young people with autism spectrum conditions have poor sleep patterns. For example, some have complex bedtime routines which must be followed each night or else the child becomes distressed; others have anxieties about going to sleep and will only settle with a parent lying next to them; many settle to sleep late at night and then wake after only a few hours. The list is endless. Each case is individual and these problems can last for years.

This workshop discusses some of the theories about why young people with autism spectrum conditions have sleep problems. Possible solutions will then be described and practical advice given.

Although the workshop is primarily for parents and carers, other family members and professionals are welcome.



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[www.togethertrust.org.uk](http://www.togethertrust.org.uk)

Registered charity number 209782

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