# Understanding **Sleep** for Children with **Cerebral Palsy**

Did you know, in NI...



Up to 73% of children with Cerebral Palsy reported clinical sleep problems

initial 86% of parents

felt **their sleep was affected** by their child with Cerebral Palsy's sleep problems

initial 36% of parents

felt **sibling sleep was affected** by their child with Cerebral Palsy's sleep problems

^Plus, 6% of siblings are involved in night time support

Sleep problems have a significant impact on all aspects of life, for all family members - these families need your support.



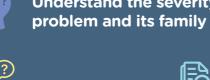


## Understanding Sleep for Children with Cerebral Palsy

# What you can do...



Understand the severity of the problem and its family impact





Ask all family members about sleep at every point of contact





#### Review:

- What services are available for sleep problems in your practice/area.
- Q How sleep advice/support you offer aligns with national recommendations.
- Q Training needs you might have in Cerebral Palsy and sleep.
- The circumstances in which you Q should provide sleep medication.



### Implement a plan\* to consistently support sleep along with the family

Regularly review the plan:

- ensuring up-to-date support is being provided
- recognising that sleep, the child's needs and family circumstances can change over time.





Find out more about sleep & Cerebral Palsy, scan the QR code or visit:

https://bit.ly/3SzaEyT



This resource was created in partnership with children with CP and their parents

\*This needs to be specific to the child with Cerebral Palsy's needs and the family routine. It should incorporate multiple health & social care professionals (i.e. social work, physio and OT)