

Understanding Sleep for Children with Cerebral Palsy



Did you know, in NI...



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



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



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.**



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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.



How sleep advice/support you offer aligns with national recommendations.



Training needs you might have in Cerebral Palsy and sleep.



The circumstances in which you should provide sleep medication.



Evaluate potential long-term implications of disturbed sleep.



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>



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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)*