

# Zoom Sleep Course for parents

*"Sleep is as important for survival as food and water;  
yet most people know very little about this vitally important process.  
80% of children with a special educational need or disability struggle to sleep."*



Join Nickie Sutton, experienced sleep practitioner and trainer, for sessions to learn more about sleep and how you can help children sleep better.

These sessions are specially written for parents of children with additional needs and disabilities and are interactive so that your specific questions and needs are answered.

## Course

**Session 1. How and Why we Sleep.** What our brains need us to do to sleep well.

**Session 2. SEND and Sleep.** How sensory processing differences, autism, anxiety, ADHD and other conditions make sleep so much harder, and how you can help.

**Both sessions are 90 minutes long with time at the end for questions.**

**You will need to commit to attend both sessions; as the strategies discussed in session 2 relate back to what is covered in session 1.**

## NEXT COURSE

Wednesdays, 13th & 20th May 2025, 10am-12pm

Tuesdays, 17th & 24th June 2025, 7pm-9pm

**SCAN THE QR CODE TO RESERVE YOUR PLACE  
or visit**

**[www.portsmouthparentvoice.org/sleepcourse](http://www.portsmouthparentvoice.org/sleepcourse)**



**Further information please email: [ppvadmin@hsportsmouth.org.uk](mailto:ppvadmin@hsportsmouth.org.uk)**

Nickie Sutton has been a sleep practitioner for 6 years and developed the successful and effective sleep courses for Space4Autism in Cheshire which have been running for over 3 years. Prior to this Nickie was a nurse for 34 years, most recently working as a Specialist Community Public Health School Nurse, and ADHD Nurse Specialist. Her background means that she is scrupulous about offering evidence based advice that is grounded in science. She is currently one of small team of experienced sleep practitioners working on the National Sleep Helpline and in 2022 was commissioned by the Cheshire and Merseyside Integrated Care Board (NHS) to run a new Cheshire East sleep service for neurodiverse children and young people.

