









Sen·Si

Sensory Integration Therapy

SLEEP CLINIC

Most of us know that feeling of a poor night's sleep, but what if that happened every night, the consistent lack of sleep every night! This pattern can often be due to your child not settling, waking too early or regular sleep wakening through the night and finding the need to climb in beside you causing disruption for everyone. If this is you or anyone you may know SenSi sleep clinic aims to provide support, including good sleep habit ideas that may help.

Sensi SLEEP CLINIC can offer HELP with:









-  Bedtime routines
-  Night waking
-  Settling at bedtime
-  Night time terrors
-  Separation anxiety and the need for your child to sleep besides you
-  Bed wetting
-  Bedroom environments
-  The early waker



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WHY WE NEED A GOOD NIGHT'S SLEEP

-  While the body sleeps, the brain continues to work
-  We need sleep for physical development
-  Sleep helps to maintain a healthy immune system
-  Sleep helps to maintain normal nervous system function and cell growth
-  It helps memory & helps you to work things through
-  Improves Emotional regulation
-  Sleep refreshes you
-  Sleep deprivation can cause difficulties in daily functioning and severe health effects in extreme cases

Please contact Sensi for more information:
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CONTACT US FOR FURTHER DETAILS:

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