



Dear teacher, please don't forget



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conFused

Sad

**Sleep can be hard for me because I have CP.** If I do not sleep well at night, in school I might:

 Find it **hard to concentrate.**

 Have a **slumped posture.**

 Get **cross with my friends.**

**!** Be **on edge & kick off easily.**

sleepy

angry

**You & the classroom assistant could help me by:**

- ✓ **Learning about me & my sensory needs.**
- ✓ Helping me with the things I know help my sleep – **massage, physio/stretching** (where possible).
- ✓ Letting me have a **rest at school.**
- ✓ Allowing me to **start the school day later.**
- ✓ **Telling my mum/dad or carer if I am very sleepy in class.**
- ✓ **Talking about sleep** with the whole class.



Please remember my **sleep can change as I grow.** Let's **keep talking about sleep.**



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

**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**