

# Does your child or teen have a **SLEEP PROBLEM?**

## Does your child:

- refuse to go to bed at night
- have trouble falling asleep
- wake up and cannot get back to sleep
- have trouble waking up or getting out of bed in the morning
- often sleep in their parents' bed or bedroom or need a parent present to help them fall asleep
- miss school or feel fatigued throughout the school day



The **Child & Adolescent Sleep Clinic** at Flinders University offers treatments for children and adolescents of all ages (including infants from 6 months of age). To book an appointment, please call or email us on the contact details below.



**Child & Adolescent Sleep Clinic**  
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