

Family Fund
disabled children

Tired Out^{zzz}

Getting to the heart of tiredness

Are you a parent or carer of a disabled child? Are you tired all the time? Are you fed-up of struggling to find help and support to improve your sleep situation?

Tired Out is a support hub where families raising disabled and seriously ill children and young people can access and share advice, information and support on sleep issues in one place. Family Fund created this hub working in partnership with experts on child disability sleep issues. Tired Out draws on real life experiences of families with disabled and seriously ill children and highlights research, tips and tools that can help.



Visit the hub

www.tiredout.org.uk

Useful tips and guidance include:

- Bedtime routines
- Diet
- Night waking
- Bedroom environment
- Products and technology
- Medication

www.tiredout.org.uk

join the conversation:
www.facebook.com/TiredOutFF



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Helping disabled children

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You can also use Tired Out to:

- Search for support in your area
- Find a workshop or event near you
- Read family stories and find out how other families cope
- Share your story
- Read research about sleep problems and disabled children
- Tell us about a sleep service you run or know about

Please share this flyer with anyone you know who is raising a disabled or seriously ill child or young person.



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"The sleep hub is an innovative programme that brings together all the resources into one place and helps to an ultimate goal - that a good night's sleep is realised for both parent and child."

Dame Christine Lenehan, Director of the Council for Disabled Children

"Families have told us of the daily mental, physical and emotional challenges they face when sleep eludes them night after night. For many families, sleepless nights continue on relentlessly, year after year, sometimes well into adulthood, with often varying levels of support or advice available."

Cheryl Ward, Chief Executive of Family Fund

"Thank you so much for recognising this issue in such a respectful way, it is so important that these kinds of effects on family life are heard and believed in a respectful and constructive manner."

Tired Out user

"Love it! I think it is easy to use and navigate."

The Children's Sleep Charity

"Like the name 'tired out' as it really is how they [parents] feel right now."

Sheffield Children's Hospital

Our partners



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