

# 1 to 1 Sleep Clinics

Does your child have social communication difficulties and struggles to sleep?

Book an appointment with our  
**Rochdale Sleep Service** on **0161 286 4201**

**The quickest way to refer is online.**

Go to our online referral form by scanning the QR code.

Or visit [togethertrust.org.uk/sleep-tight-rochdale-referral-form](https://togethertrust.org.uk/sleep-tight-rochdale-referral-form)



Appointments will take place on



Zoom

or



phone

and will last



1 hour



**Sleep Clinics run every fortnight.** If there are no appointments available immediately, your name will be added to our waiting list and we will contact you as soon as possible.

