



What Does The Sleep Package Involve?

We will have a thorough assessment of your sleep pattern and then devise a plan that is tailored to you and achievable. We support you for up to 3 months.

We have a hugely positive success rate for both NHS and private clients, and this is confirmed by feedback collated at the end of every package. Every person in NHS programmes last year resolved their sleep to their satisfaction were completely successful



What goals will you set?

We work with your priorities and choices. For example, if you were experiencing difficulty falling to sleep and wakefulness in the night, which did you want to tackle first? Do you wish to resolve both simultaneously?

When will you help me if I order a sleep package today?

We will be in touch immediately with a sleep diary and consent form. Your allocated sleep consultant will be in touch within three working days.

Why do you need two weeks of sleep diary?

We need this to ascertain your sleep quality over weekdays and weekends and to see if any patterns emerge.

Are there any alternatives to a paper diary?

We recommend the use of the app SNappD then share the data with us. Or we have wearable devices that can be worn overnight to record sleep. Please your sleep consultant for more details

Do you meet online or in person?

We meet online or we can contact you by phone. If online, it's optional if you wish to put your camera on. In person meetings can also be arranged at extra charge to cover costs.

What ages can you support with a sleep package?

Hunrosa can support all ages- babies children, young people, adults and older people.



Alusen Business Centre, Barn Street, Liskeard, PL14 4BG

hunrosa.co.uk

info@hunrosa.co.uk



What Does The Sleep Package Involve?

Can a young person speak with you direct?

Yes, provided a consent form for this has been completed, a young person aged 12 to 16 years can speak to us without a parent being present.

As a parent, what is expected of me in helping my child to sleep?

You will be required to provide a sleep diary, information at an assessment and agree to a sleep plan. It is essential that you support your child implementing changes included in the plan.

Do you treat health conditions?

We treat people with a medical condition and sleep problem, we can work alongside what is offered from your GP

Is the information I give you safe?

Yes. Please see our privacy policy.

What qualifications do your sleep consultants hold?

All our consultants have degree level qualification in clinical sleep practice. We have training and experience in Cognitive Behavioural Therapy for Insomnia, mindfulness, nightmare re-scripting, Acceptance Commitment Therapy, relaxation techniques and motivational Interviewing. We are specialists in supporting disabled people and those with health problems. We are unique in offering this high level of expertise.

Are your services safe?

All consultants have enhanced DBS checks every 2 years and safeguarding update training every 2 years.

Do you offer payment instalments?

We offer instalments via PayPal. Should you wish to pay by BACS please contact us via the contact form.

Can you treat people outside the UK?

Yes, we can treat people in the UK and internationally



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What Does The Sleep Package Involve?

What support community could I access post the package?

You can sign up to our newsletter, follow us on Facebook, Twitter and Instagram.

What happens if I am unable to attend the appointment?

Please give us 24 hours' notice and we will rearrange.

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