

## Evaluation Report

2022-2023

# Hunrosa Sleep Wise Children & Young People Mental Health

Hunrosa received 116 referrals.



After the initial sleep assessment, 106 proceeded onto a full assessment and plan. We currently have 38 in progress after assessment (late referrals in March).



Involvement lasted approximately 4 months (Including Christmas). 56% identified as male, 35% female and 9% they or other.

**All those who followed the sleep programme resolved their sleep difficulties to their satisfaction.**



### Main Diagnosis:

- ASD or working diagnosis ASD 40%
- ADHD or working diagnosis ADHD 19%
- Emotional regulation and eating disorder 3%
- Other 5%
- Anxiety or depression 21%
- Trauma 10%
- Sleep disorder 2%



### Severity of sleep disturbance.

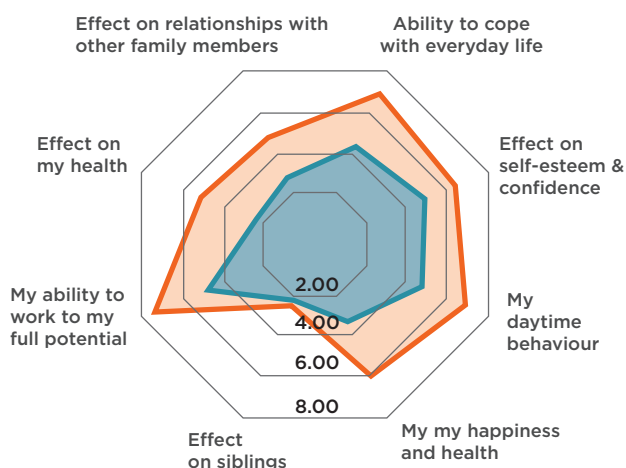
Parent reported results: Average sleep disturbance before involvement 6 out of 12. After 1 out of 12. Young person reported results: Average sleep disturbance before involvement 4 out of 12 (not so many co-sleeping) after 0.5.



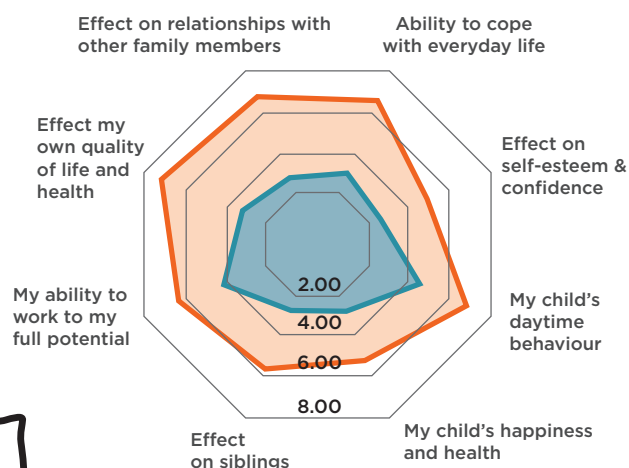
**Melatonin.** Parent reported results: Melatonin prescription not needed in 60% of cases. No change in prescribing in 30%. Increase in 10%. Young person reported results: Melatonin prescription not needed in 60% of cases. No change in prescribing in a third of cases and increase in 7%.

65% of participants said they achieved their goal(s) set at the beginning of the assessment with the Sleep Consultant.

## CCWP Young Person Feedback



## CCWP Parent Feedback



**Sleep Wise**



## Those that did not achieve all their goals still shared positive achievements:

- *Sleeping in their own room now, but still using the phone to help settle at around 12.30am.*
- *We dramatically improved the time it took Tom to get to sleep. Reduced from 3 hours to an hour, but being able to transition from asleep to awake was still tricky.*
- *Better understanding of sleep patterns and processes.*
- *Daughter is sleeping in her own room now.*
- *Unfortunately family events took a turn for the worse and it interfered with the progress that was being made. I do however feel that I have been given useful tools that will stay with me and allow me to reintroduce the programme again.*
- *We explored reasons why Debbie was struggling with her sleep but it was decided that she has complex issues that need to be addressed before sleep therapy can be introduced.*
- *Not waking up at night time anymore.*

## Participants found the following examples most helpful about the programme:

- *Information about the sleep cycle.*
- *Learning about sleep and all the different stages.*
- *Our Hunrosa Consultant was really understanding of Lucy's possible ASD (which has since been diagnosed) and trauma, and how that might impact traditional bedtime routines and sleep patterns. It was methodical, monitored closely and adjusted as necessary.*
- *We found that it was all helpful.*
- *Support and breakdown of our plan.*
- *Child is complex and not easy to work with, but our Hunrosa Consultant was so accommodating and understanding and persistent in finding what worked.*
- *The flexibility to work with us at our speed and Hunrosa's quick response to our exact needs.*
- *Better awareness about sleep.*
- *Getting into an understanding routine was very useful.*
- *Implementing a night time routine was very helpful.*
- *Getting more sleep is benefiting us.*
- *My SleepWise worker was absolutely brilliant. She knew*

*exactly what to do or to suggest, even in the toughest of times. She was always in contact making sure we are okay and that my Daughter is still responding correctly to treatment.*

- *The support from our sleep consultant was amazing.*
- *Being able to speak to my consultant on a regular basis was helpful.*
- *The encouragement and advice to try new techniques and not to be discouraged if things did not work was fantastic.*
- *Learning how to change, not only my child's body clock but our own too.*
- *An insight into how teenage sleeping patterns work. Really helpful ie, why pick a battle that can't be controlled.*
- *The patience, the strategies and support to implement them.*
- *All of it was helpful.*
- *The different strategies to put in place helped me very much.*

## Participants found the following examples least helpful about the programme:

- *Many mentioned they had nothing to add here as it was all helpful and useful.*
- *Some shared that the timing was tricky Perhaps not the right time for my daughter as she is not in a good space.*  
*Difficult to implement when life's events take an unexpected turn and interfere with progress.*
- *Some shared ideas that were least helpful*  
*Reward charts.*  
*Remove some of her things from the bedroom.*  
*Caffeine intake as a result of the sleep restriction.*
- *Some shared the challenge of virtual sessions*  
*Sessions cannot be face to face each time. Autistic children greatly benefit from one to one face to face sessions. But we understand resources and geography prevents this.*

**[www.hunrosa.co.uk](http://www.hunrosa.co.uk)**

Janice Jenner, Hunrosa June 2023

\*names have been changed to protect the identity of the individuals.



**100% of the participants said the frequency of the Sleep Practitioner contact was Just Right.**

**50% of the participants said they noticed changes in their child's daytime behaviour.**

**Those that did notice a change shared these examples:**

- *Once awake he is taking less time to be able to cope with demands. He used to take about 2 hours after waking. It is a lot less now. Some days he is able to transition from asleep to awake in 10 mins, then transition out of bed in another 10 mins. Sometimes it can still take an hour.*
- *Yes, the bedtime routine has helped a lot.*
- *Eli is now able to go to sleep much quicker and has a better quality of sleep.*
- *Mark is more calm and open.*
- *Bella's mood and emotions are much improved and regulated.*
- *Pam has been much calmer with more sleep.*
- *Sometimes sleep helps him chill more.*
- *More focused.*
- *Ignoring the Autism side of things, Ella is 100% different during the day with the tiredness. Mornings were a no go as she wasn't sleeping until 4am most nights. Ella was absolutely wired and we shared a bed which was horrible as she would bed bounce until around 3.30am.*
- *With my sleepwise specialist and medication, Mary was able to sleep at 8pm, waking up at 3am briefly. I'll go in her room and she will then go back to sleep normally. Then I get to wake her up at 7am ready for school. My daughter now has a daytime routine which I thought was going to be impossible. She even sleeps in her own room now too!*
- *He is able to control his emotions better and is able to concentrate for longer, and is just nicer to be around as he is not absolutely knackered.*
- *My son is able to function during the day whereas before he was asleep for most of it and awake all night.*

**60% of participants said they noticed a change in their family's quality of life?**

**Those that did notice a change shared these examples:**

- *He is getting his required sleep and we have a wake up time of 8am. 7am wakeup meant he was losing an hour each night and it caught up with him so we had to change to 8am. He has been able to maintain this as well as his bedtime since and has maintained a better level of wellbeing which has a big impact on family life.*
- *We are all sleeping better due to the advice we received.*
- *We are all calmer and able to communicate better. Ben displays better behaviour towards siblings*
- *Everyone's emotions and mood improved and are regulated. I am able to spend time with all children evenly now.*
- *We have been much calmer as a result of Hunrosa.*
- *Better understanding by other members of the family as to what is going on.*
- *Reduced stress levels as a family.*
- *We now have a set routine which the whole family needed. We all get up in the morning ready for the day. I'm often up at 6am so I can have a cup of tea in peace before I wake everyone up. Before my sleepwise specialist was involved - my routine was falling asleep whatever time Amy did, which was often around 4am most days. We would wake up at lunch time and the whole day would be ruined.*
- *I am now getting more than a few hours of sleep a night so I can actually function at home and at work and I have the energy and patience to do more as a family.*
- *Steve is less tired and I don't feel so drained after our bedtime routine anymore.*
- *My son is now attending lessons. He is able to engage in school and has now enrolled in college.*

**100% of participants would recommend the programme to others.**

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## STANDOUT QUOTES

- *It was all positive. Our consultant was great. She worked around my shifts. She was great with my autistic son and most approachable.*
- *My consultant was lovely, I appreciate her help and support.*
- *This service to others has been so informative.*
- *Our Hunrosa Consultant was wonderful. In all the 14 years of working with therapists only two have ever been effective and she is one of them. She is compassionate and caring.*
- *We really loved the support given and the fact that it was on our terms and not pushed, but just advised.*
- *Found the feeling wheel helpful.*
- *I just want to say thank you ever so much to our Hunrosa Consultant as she completely changed my life around regarding my daughter and her lack of sleeping.*
- *Not only does Sarah fall asleep at a sensible time, she's able to get up at 7am and attend school which she wasn't able to do due to her lack of sleep routine. So thank you.*
- *Thank you to our Hunrosa Consultant for her time and effort.*
- *It is a really useful tool and the advice given is delivered with confidence, but also with empathy. As a parent, seeing your child struggle is hard enough and some people are too quick to judge a situation, without understanding the true impact of sleep deprivation and the reasons it could be happening in the first place. The practitioner listened carefully and was non-judgemental when giving advice.*
- *An excellent programme especially with a brilliant non-judgmental practitioner*
- *I'm looking forward to Claire accessing this programme when she is ready - I'm sure she will benefit from it.*



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