

# Evaluation Report

2022-2023

## Hunrosa Sleep Wise Community Paediatric Team

Hunrosa received 71 referrals from Community Paediatricians for children and young people on their caseload.



After the initial consultation, 62 proceeded onto a full sleep assessment and plan. We currently have only 5 in progress after assessment (late referrals in March).



Involvement lasted 4 months (Including Christmas), 35% identified as female, 65% male.

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



### Main Diagnosis:

- ASD or working diagnosis ASD 59%
- Developmental delay 16%
- Down Syndrome 1.5%
- Neurofibromatosis 1.5%
- ADHD or working diagnosis ADHD 10%
- Complex disability/Chromosome deletion/Trisomy 9%
- Hypotonia 1.5%
- CMV 1.5%



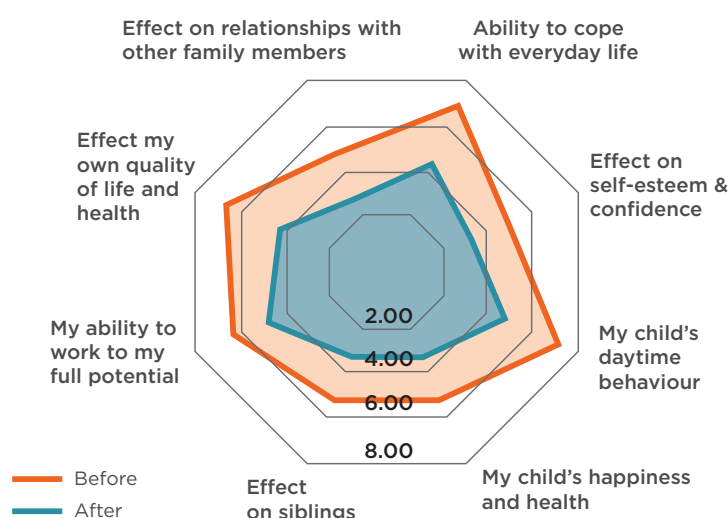
Severity of sleep disturbance reduced from 8 out of a possible 12 to 2 out of 12, cases were closed once the family and young person were satisfied that sleep was the best it could be.



78% did not need melatonin prescribed after Hunrosa sleep intervention. An additional 5% reduced their prescription. The remainder stayed on the same prescription, no-one increased their dose.

73% of participants said they achieved their goal(s) set at the beginning of the assessment with the Sleep Consultant.

10% of participants said they partially achieved their goal(s) set at the beginning of the assessment with the Sleep Consultant.



Janice Jenner, Hunrosa June 2023



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

- *My consultant was amazing. A good experience and a positive journey.*
- *We mostly achieved the goals we set, my son is now falling asleep on his own and in my bed not his own, but I have been given a sleep guide and info on how to move him into his own bed when we feel we can. His sleep is a lot better!*
- *We achieved a better bedtime routine.*
- *John was sleeping better as it was over Christmas and was going to bed really late. Which helped but I couldn't carry on with those late nights.*
- *Bob is sleeping in his own bed now.*
- *We achieved every thing she could possible do*

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

- *The support was amazing.*
- *Reviewing routines and sleep patterns was helpful.*
- *It was helpful that we could have easy contact via email as well as phone.*
- *The ideas I was given to try out were very helpful.*
- *Learning to understand what had become a habit and what is potentially due to a medical condition was helpful.*
- *Learning about sleep cycles was the most helpful.*
- *The advice given and the tips on how to help was useful. They were things never tried before.*
- *Weekly contact with my sleep practitioner was the most helpful.*
- *Someone to talk to and have advice from was so helpful.*
- *Working with friendly and helpful people was good.*
- *Sue really listened to me. She took my schedule into consideration and worked around that. She gave great advice.*
- *The skills we learnt and were able to use were so helpful.*
- *Support from consultants during the programme was most helpful.*

- *The glow Clock that was suggested worked well for a little while, then Peter realised that he could pull the plug out the back of it to reset it.*
- *Understanding sleep patterns and why my child was waking in the night was helpful.*
- *How to set his bedtime back later for his body clock to get back to normal was useful.*
- *Not only did Hunrosa change my child's sleeping routine, but helped me emotionally and mentally as well. My consultant was really amazing.*

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

- *Many mentioned they had nothing to add here.*
- *Some shared ideas that were least helpful Using the information I was given.*
- *Some shared the challenge of feeling like they needed more time.*
- *Rule about finishing the support after 3-4 months' time despite initial goal wasn't achieved.*

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

### 57% of the participants said they noticed changes in their child's daytime behaviour.

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

- *Sue has better sleep patterns. No daytime napping, which has assisted at night.*
- *Her speech and learning has greatly improved*
- *She went back to sleeping in her own bed.*
- *We have less meltdowns, more smiles!*
- *My child is less naughty.*
- *He sleeps more and was at first more naughty. He has now settled into a better routine with sleep and school and he is much better.*



- *As John's sleep has become more consistent, his day mood has improved.*
- *Ben is a lot calmer*
- *She manages school so much better overall. She is just happy and not as tired.*

### **79% of participants said they noticed a change in their family's quality of life.**

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

- *Quality of family life is better. Sally only waking before 6am 1 day out of 7 and not every day anymore.*
- *We now have a clearer, easier bedtime which allows me evening with my other children and spouse and I am much more well rested.*
- *All less tired and happier.*
- *Much easier to sort her out for bedtime and mornings.*
- *All getting better sleep.*
- *We are all happier.*
- *Everyone is more calm and pleasant in the family.*
- *We all feel less exhausted during the day.*
- *A little. Three boys makes it hard.*
- *As Anne's sleep has become more consistent, the family's mood has improved.*
- *Bedtime routine has improved and it's not as long as it used to be.*
- *I will try some strategies that were suggested when it is the correct time for our family. Thank you.*
- *All getting more rest so all better overall*
- *It's affecting mum's sleep. Bullying mum and others. Better when we sleep.*
- *Everyone is a lot calmer in the day.*
- *My child is overall so much happier.*

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

**[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.*



### **Standout Quotes**

- *The programme was useful. Initially you think there is nothing additional to what you know that can help, but in fact the results actually show improvement. I applied what I learned to my daughter as well, so both children have benefitted, even though she did not have the sleep problem.*
- *It was really helpful. Not sure there was anything to improve.*
- *This programme has proven to be invaluable to us. James's Sleep has taken a dive again after a long period of illness. And I am back to getting 2/3 hours sleep a night. However, I am trying to put into practice all of the things that Hunrosa taught us and I am hopeful that it will get easier again. We feel very fortunate to have been referred to this service. We learnt a lot and feel that we can tell the difference between habit and condition.*
- *Hunrosa Consultant is amazing. She is truly phenomenal. Would personally recommend her.*
- *Only thing I wish I could've also had was more advice about how to get a different child into a sleep routine that wasn't referred to Hunrosa, but I appreciate all the help and support I have received.*
- *My consultant was amazing and very understanding.*
- *I would like to be able to attend the "next level" of sleep programmes dedicated to parents with autistic children and learn about tools and techniques which could improve the quality of sleep.*
- *Thank you for all the help.*
- *Our Hunrosa Consultant was very easy to talk to. She was helpful and so understanding. Thank you.*
- *The detailed plan given was brilliant and we can keep referring to it when needed.*
- *I wish I could share it with my other friends who are struggling I've mentioned about this service and they have never heard of it.*