

# 2 SLEEP

## RESOURCES PACK

The information in this pack covers the content of the seminar you have just attended.

Your 2sleep resource pack has been designed to give you practical information on sleep issues, sleep aids that can be used with children and contact information for other organisations that can help with sleep.

Whilst we are happy for people to use this information to support managing sleep issues we would ask clients who have been given the materials as part of attending a 2sleep seminar to ensure the following:

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