



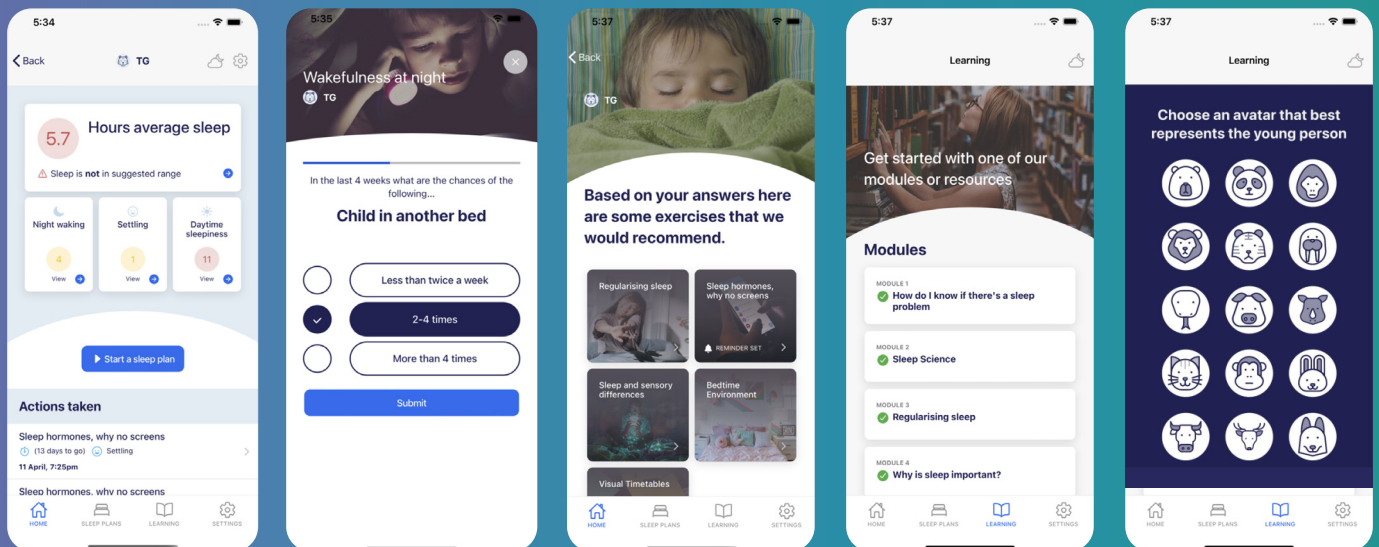
# Sleep Wise



**NEW  
Improved  
Version**

## The Sleep Wise App

Quality sleep is a critical part of any person's overall well-being. The App now includes a sleep diary facility and a free 7 day trial via the app stores. Contact us for bulk licence purchases.



[www.hunrosa.co.uk/sleep-wise-app](http://www.hunrosa.co.uk/sleep-wise-app)



Scan to learn more

The Sleep Wise App has been designed to help children and young people who have trouble with sleep. This is an effective tool with tried and tested content in clinical settings using real families. Easy to use with friendly language. Effective results.

### WHO WILL BENEFIT FROM THIS APP.

- Parents of children or young people
- Educators
- Health and care professionals
- Includes information about sleep and special needs

**Our App does not gather data about your child and no health data is stored.**



Jointly developed by Hunrosa Sleep Consultancy and NASS  
(National Association of Independent Schools and Non-Maintained Special Schools).