

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

Who are Hunrosa sleep consultancy?

Hunrosa are UK sleep experts, established in 2009. Based in Cornwall (Hunrosa means ‘to dream’ in Cornish) we help people to achieve a good night’s sleep across the lifespan. We provide self-funded **individual assessments** including home visits**.** Our children’s assessments are young people and family centred. For adults we are qualified in CBT for insomnia.Referrals can be made by contacting us directly, details are below.

We provide accredited **workshop sessions** for healthcare, education and social care professionals. Please contact us for further information, some places are funded.

What is Sleep Wise?

Sleep Wise is a programme embedded within the Community Paediatric Service, provided by Hunrosa. Sleep Wise offers a set number of **individual assessments** for children and young people with complex needs from the age of 1 year upwards. Assessments are for children and young people already on the Community Paediatric Team caseload and it’s not direct open referral access.

We also run a limited number of **sessions for parents** and carers about improving sleep in young people. Details are on Eventbrite and with the Cornwall Early Help Hub. Each session includes a chance to develop a sleep plan.

Get in touch

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[www.hunrosa.co.uk](http://www.hunrosa.co.uk) Also on Facebook @hunrosasleep

Hunrosa

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