

A young child with dark hair and a worried expression is being held by an adult. The child's face is the central focus, showing signs of distress. The background is dark and out of focus.

Sleep: Triggers for getting help

0 to 19
TORBAY
for you

Whether or not you decide you need help will depend on the intensity and persistence of your child's sleep problem. Consider help with:

- Persistent nightmares.
- Bedwetting.
- Bed soiling (nocturnal encopresis).
- Smearing.
- Persistent fear associated with going to bed.
- Lack of progress.
- Something that you feel is too complex for you.