



Job Description

Sleep Practitioner

Line Manager: Programme Manager (Sleep Service)

Line Reports: None

Sleep Service Team

Job Purpose

The Sleep Practitioner supports families of children with Special Educational Needs and/or Disabilities (SEND) who are experiencing sleep difficulties. This role involves providing personalised, evidence-informed advice through structured sleep consultations and group sessions. The postholder works collaboratively with families, professionals, and the wider Nansa team to promote better sleep hygiene, routines, and wellbeing while ensuring safeguarding and inclusion are at the heart of the service.

Key Responsibilities

Direct Family Support

- Provide 1:1 sleep consultations to parents/carers, assessing needs and delivering tailored advice based on sleep science and behavioural approaches.
- Guide families through practical sleep strategies, using tools and techniques that are appropriate for children with neurodevelopmental differences.
- Deliver group-based workshops or online sessions to promote shared learning and peer support.

Collaborative Working

- Work in partnership with the Programme Manager and other Sleep Practitioners to ensure a consistent and high-quality service.
- Liaise with professionals from health, education, and social care to share insights, support joined-up planning, and provide continuity of care.
- Help signpost families to additional support services where needed.

Safeguarding and Risk Management

- Maintain up-to-date knowledge of safeguarding policies and act promptly in response to any concerns regarding child welfare or family wellbeing.
- Ensure all advice is delivered in a safe, sensitive, and family-centred manner.
- Follow Nansa's safeguarding procedures and actively contribute to a culture of vigilance and care.

Monitoring and Evaluation

- Record and track progress made by families, maintaining accurate and confidential records.
 - Contribute to service evaluation by gathering feedback, identifying patterns, and recommending improvements.
 - Support the Programme Manager in meeting service targets and reporting requirements.
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Person Specification

Essential Skills and Experience

- Experience supporting families of children with SEND or neurodevelopmental conditions.
- Knowledge of child sleep development, behavioural sleep interventions, and common sleep challenges in neurodiverse children.
- Strong interpersonal and communication skills, with the ability to build rapport with families from diverse backgrounds.
- Ability to deliver structured advice in a non-judgemental, empathetic, and clear manner.
- Understanding of safeguarding responsibilities and a commitment to child welfare.

Desirable Skills and Experience

- Training or certification in sleep consultancy, child development, or family support – and/or a willingness to complete sleep consultancy training in the event this has not been attained prior to appointment.
- Experience working in health visiting, early intervention, or educational settings.
- Familiarity with EHCP processes or wider SEND support systems.

Personal Attributes

- Calm, patient, and emotionally intelligent, particularly when working with families in distress.

- Organised, thorough, and able to manage a caseload effectively.
- Passionate about improving outcomes for children and promoting family wellbeing.
- Reflective, open to feedback, and committed to personal and professional development.
- Team-oriented with a flexible, collaborative mindset.