

SURVEY TO INVESTIGATE PREVALENCE AND NATURE OF CHILDREN'S SLEEP PROBLEMS IN PRIMARY SCHOOLS IN SHEFFIELD

Date Monday 27 April 2026
Dear school,

Sheffield Children's NHS Foundation Trust and BrainTrain Ltd (manufacturers of Sleep Cogni) are collaborating on a survey of children's sleep in all primary schools in Sheffield. We would be very grateful for your support.

The impact of sleep disturbance on children's health is wide-ranging with sleep deprivation leading to difficulties with mood, social integration and problems with cognitive ability and learning.

The prevalence of sleep problems in childhood is thought to be rising, but although surveys have been carried out in Australia and Germany that indicate that 30-40% children have sleep problems, no data is available from school children in the UK.

We propose to circulate an on-line survey to all 133 primary schools in Sheffield and we would like to encourage all parents to complete the survey. We will use these responses to describe the current issues with sleep in children of this age group in Sheffield.

We would be grateful if you would include the survey link in a school bulletin or in a separate letter to parents and to send them again as a reminder 1 month later.

If translation of the survey is required by parents, this is available through the automated translate feature on the Google Survey. If any further information is required by the school prior to participation, please contact us on respiratory.research@nhs.net

Thankyou for your assistance.

Yours faithfully,

Sheffield Children's Hospital Sleep Team