



Solutions for Problems Children have with Sleep

Dr. Bill Moorcroft, Ph.D.
Director, Northern Colorado Sleep Consultants

“My child has a problem with sleep and I’m frustrated because I can’t seem to help.”

Dr. Bill Moorcroft

If your child has a problem with sleep, you are not alone. Latest surveys show that 76% of parents would like to change something about their child’s sleep habits. The problems vary but often include one of the following: **not wanting to go to bed, not being able to fall asleep, waking during the night, wetting the bed, having nightmares, or a host of other things.** And you, like most parents, may have gotten all sorts of advice and tried all sorts of remedies but nothing seems to help. You’re frustrated and worried about your child, and, because of your child’s sleep problem, your own sleep may be suffering.

“At times I think my child just can’t or won’t get enough sound sleep.”

Most children have the ability inside of them to get good, solid sleep. Also they can learn that it is important to get the sleep they need. They will go to bed without a fuss and sleep well. The wonderful result is that with great sleep children are happier, healthier, and learn better. They are not tired and cranky when awake. All this is pleasing to parents. With good information and coaching, parents can help their children get this wonderful sleep. The good sleep habits children learn stay with them the rest of their lives.

“This sounds great, but how can MY child become a good sleeper?”

Each child is different, so there is no one solution that fits all. However, there are **a number of principles and practices that have been shown to be effective.** The ones that are best for your child can be selected and you can learn to apply them effectively. When implemented correctly, they usually work within a matter of days or weeks and result in **a cure that can last the rest of your child’s life.** The end result is that your child gets healthy sleep and has a more enjoyable and productive waking life.

“Who can help me make these changes?”

Dr. Moorcroft at Northern Colorado Sleep Consultants, LLC will help. In the same way that a golf pro helps correct a deteriorating swing, Dr. Moorcroft will start by diagnosing the difficulty your child is having. With this information, he will help you select from the scientifically tested, proven, and effective methods that can help your child sleep better. **Dr. Moorcroft will give you the coaching you need in these methods** so that you can help your child improve their sleep. Dr. Moorcroft will follow your child’s progress and give you further advice and encouragement along the way.

It has worked for many parents and their children. Even those who “tried everything.” It can also work for you.

“What should I do?”

Have a look at our website, www.sleeplessincolorado.com then call (970) 308-4495 today for an appointment. Northern Colorado Sleep Consultants has offices in Fort Collins, Loveland, Boulder, and Greeley as well as working with clients by phone.

Following earning a Ph.D. from Princeton University, Dr. Moorcroft committed over 30 years of his life studying and researching sleep and dreams. During this time he did additional sleep disorder training at The Mayo Clinic and Rush Medical College in Chicago. He has authored three books, many research papers, and numerous other publications. Currently he is writing a section for an Encyclopedia of Sleep Medicine on “The Sleepless Child.” Recently, he brought his dedication and experience into the world to help children with their sleep problems. Dr. Moorcroft knows how find the problem with your child’s sleep and how to guide you to help your child reduce this problem.

So if your child is having a problem sleeping please contact us now to get that little bit of help so that your child can sleep better.



Dr. Bill Moorcroft

Insomnia • Children’s Sleep Problems
Nightmares • Sleepiness in the Workplace