

**Supplementary Table 1.** Free-text feedback from parents after the sleep intervention

Theme	Comment
1. Child's well-being	<p>He's a lot happier now            "Completely different child"            Playing and listens a lot more, happier            He's a happier boy            Child anxiety better            He is so much happier in himself            She's happy and chirpy now            More relaxed and calmer            No longer tired and grumpy</p>
2. Parent's well-being	<p>Mum's sleep a lot better now            "I feel on top of the world"            "I'm in control now"            My anxiety is a lot better            Mum's mental health better</p>
3. Sibling's well-being	<p>Second sibling now sleeping through the night as a result of implementing plan            Plays/cuddles with his sister when he wouldn't before</p>
4. Family relationships	<p>Changed our life/relationship            It was having such a negative impact on the whole of our lives - you've saved it all            Relationship with partner a lot better now            "Happier household, having quality time now"            Happy to visit grandparents separate from mum            Gets more time with husband            Spend quality time together            We are so much happier as a family            Spend time with my husband            We have time for us and we go to the gym now!</p>
5. Mental and physical well-being	<p>Physical and mental health better. More energy            No more cold sores            Mum's physical and mental health improved            Mums migraines reduced a little.            His speech has improved            Gets fewer colds</p>
6. School and productivity	<p>Nursery commented they're happy            (School) attendance has gone up to 96% from 79%, surpassed expected level grades            Willing to go to school now            Child school work improved especially maths            Concentration better            Child sitting down and participating more in school now. improved attention span</p>
7. Foster placement	<p>"The social worker said she's maybe not the placement for you, but sleep has enabled her to stay. Maybe forever"</p>
8. Driving	<p>Significant impact on mums driving "in the past I had done journeys and not remembered the way I'd gone"</p>