

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>