




the
national
sleep
helpline

**Want to know
more about
sleep?**

ASK US THE
QUESTIONS YOU
WANT ANSWERS TO

 **03303 530 541**
Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am



Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP ME?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in mental health wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why you might not be sleeping well and how that can change

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POWERED BY



IN PARTNERSHIP WITH

**Furniture
Village**