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

the national sleep helpline

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 the sleep charity

IN PARTNERSHIP WITH Furniture Village

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*Survey of 2,000 adults by OnePoll, Aug 2021