

The logo for Teen Sleep Hub is located in the top left corner. It consists of a white speech bubble with a blue circle above it and a red circle below it. Inside the bubble, the text "Teen Sleep Hub" is written in a bold, black, sans-serif font.

Teen
Sleep
Hub

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YOU AND YOUR SLEEP

FOR INFORMATION AND ADVICE, VISIT
[TEENSLEEPHUB.ORG.UK](https://teensleephub.org.uk)

A stylized illustration of a person sitting up in bed, reading a book. The person is wearing a grey long-sleeved shirt and blue pants. The bed has a blue blanket and a blue pillow. The background is a dark blue night sky with white stars and a large red shape representing the moon or a light source. A small white square icon with a book symbol is floating near the person.

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the
sleep
charity®

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