



**Teen  
Sleep  
Hub**



the  
national  
**sleep**  
helpline

**Do you  
suffer with  
sleep issues?**

**Do you find it  
difficult to settle  
at night?**

**Do you wake in  
the night and  
struggle to get  
back to sleep?**

**WE CAN HELP**



**03303 530 541**

Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am

## IF YOU HAVE SLEEP ISSUES BUT DON'T WANT TO CONFIDE IN YOUR PARENTS OR FRIENDS, THEN HELP IS JUST A PHONE CALL AWAY.

Our National Sleep Helpline is available for you to chat directly with one of our trained sleep advisors who will offer confidential advice around any sleep issues you may have.



SCAN TO RING

## WHAT IS THE NATIONAL SLEEP HELPLINE?

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

## HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- 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 your mental health and 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



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Village