the national sleep helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

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 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 child's 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 your child 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

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CALL US

03303 530 541

SPEAK TO TRAINED SLEEP ADVISORS

Sunday - Tuesday & Thursday 7pm - 9pm

Wednesday 9am - 11am

"Fantastic! I've spoken to so many people over the years who just don't get it, and I feel that you really do."

"You're great. Really lovely, one of the nicest calls I have had from a helpline. Thank you so much."

"Really easy to get through and talk through some choices."

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