



the  
national  
**sleep**  
helpline

**Supporting the  
nation to  
sleep better**



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

**More than half  
feel there is lack of  
support for people  
with sleep issues\***



## WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Idorsia, The Sleep Charity has launched a 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



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**idorsia**