



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**

Available Sunday - Thursday 7pm - 9pm



**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



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