



CALL US

03303 530 541



SPEAK TO TRAINED SLEEP ADVISORS

**Available Monday/Tuesday/Thursday evening 7-9pm
Monday/Wednesday morning 9-11am**

*excluding Bank Holidays

This is a confidential service. We would only need to share what you tell us if we are worried about you, someone else or there has been a crime.

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Who do I talk to if I can't sleep? **The National Sleep Helpline** can help with your sleep problems.

If you'd like to talk about your sleep, you can call us on **03303 530 541** between **7pm and 9pm, Monday / Tuesday / Thursday** and **mornings between 9-11am Monday / Wednesday.**

Do you struggle to fall asleep? Do you feel tired? Do you have a child who won't sleep in their own bed?

Having a sleep issue is surprisingly common. At any given time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

Our helpline is run by a team of specialist trained sleep advisors. Although we cannot give medical advice, we can talk through your issues, offer you some practical strategies and recommend services that could help.

Sleep education is empowering – you can understand why you might not be sleeping well and how that can change. We promise to listen without judgement and help you decide what next steps are right for you.

If you are looking for advice and support and the helpline isn't open, please visit our [information and Support](#) pages or our list of [helpful organisations](#).



She was brilliant though and gave the magic advice needed in that short session. I didn't need a follow up call. I honestly cannot thank your charity enough. Our bedtime is so much calmer and enjoyable and my stress levels are returning to normal levels after five very difficult years of sleep deprivation.

Still a way to go for me but feeling like a human being again. She was so kind and encouraging and gave me reassurance that I had been doing things right but that Sarah maybe needed less sleep than we thought she did. Turns out she was spot on! Thank you so much!*

*name changed



Who do we support on the helpline?

- ✔ Adults
- ✔ Parents of children 12 month upwards
- ✔ Young People
- ✔ Healthcare professionals
- ✔ Shift workers

What we can help with

Our trained sleep advisors can help with lots of queries and concerns about your sleep including:

- ✔ Struggling to fall asleep, staying asleep or waking too early
- ✔ Sleep hygiene guidelines
- ✔ Anxiety and stress at bedtime
- ✔ Children's sleep issues
- ✔ Teen sleep problems

What we can't help with

We are not medical professionals so unfortunately can't advise on the following:

- ✘ Sleep disorders such as chronic insomnia, sleep walking
- ✘ Underlying medical issues
- ✘ Mental health problems
- ✘ Suicidal thoughts
- ✘ 0-12 month old sleep – please contact either Cry-sis Infant Sleep or Action for Children



Please note:

The National Sleep Helpline is NOT a crisis service. If you need urgent crisis support, please contact NHS 111, your own GP, Samaritans on 116 123 or go to your local A&E department if you require emergency support.

We are not open on Bank Holidays.