



**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

**03303 530 541**

**Sunday - Tuesday & Thursday 7pm - 9pm**  
**Wednesday 9am - 11am**



IN PARTNERSHIP WITH

**Furniture**  
*Village*