



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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IN PARTNERSHIP WITH

Furniture  
Village



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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.**”