

A photograph of a woman and a young child sitting on a wooden floor, looking at a map. The woman is on the left, wearing a white cardigan over a white top. The child is on the right, wearing a dark blue long-sleeved shirt and blue jeans. They are both looking down at a map that is spread out on the floor. The background is a wooden wall.

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**

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



**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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**Furniture
Village**