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## The Sleep Charity

### Organisation details

#### Description of activity

Our free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents (we can also talk to adults, including older people, about their sleep issues).

The helpline is open 5 times a week, Monday, Tuesday, Thursday evenings 7-9pm, and Monday, Wednesday mornings 9-11am. The number is 03303 530 541.

You can read more here: <https://thesleepcharity.org.uk/national-sleep-helpline/>

### Contact details

#### Telephone

03303530541

#### Email address

[helpline@thesleepcharity.org.uk](mailto:helpline@thesleepcharity.org.uk)

#### Website

<http://thesleepcharity.org.uk/national-sleep-helpline/>

### Social media links

#### X link

<http://twitter.com/TheSleepCharity>

#### Facebook link

<http://facebook.com/TheSleepCharity>

### Accessibility

#### Accessible building

N/A

#### Accessible toilets

N/A

#### Parking facilities

N/A

#### Dietary needs catered for

N/A

#### Staff have specialist training

N/A

### Availability details

#### Days and times of activity / opening

|         |                |               |                             |
|---------|----------------|---------------|-----------------------------|
| Monday  | from 9 & 19:00 | to 11 & 21:00 | morning and evening session |
| Tuesday | from 19:00     | to 21:00      |                             |

**Wednesday** from 9:00 to 11:00

**Thursday** from 19:00 to 21:00

**When is the activity or service available**

All Year Round

**How to access the service/activity**

Drop-in / Turn-up |

**Is there a cost for this service or activity**

No

**Taking part if you are a child or young person with additional needs or a disability.**

**How can a child or young person with SEND take part in this activity**

This is a helpline, we are happy to talk to children or young people about their sleep directly if parents or carers feel this would be helpful and can be facilitated over the phone.

**Age range**

**Age of users**

From 1 year to 100 years

**Additional useful information to download**

**File attachments**

- Poster for Schools (JPEG Image, 265 KB)
- Flyer for Parents (Adobe Portable Document Format, 3.01 MB)