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## The National Sleep Helpline and the Sleep Charity

### Organisation details

#### Description of activity

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 between 7pm and 9pm, Sunday to Thursday on 03303 530 541

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.

### Contact details

#### Telephone

03303 530 541

#### Website

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

### Availability details

#### Days and times of activity / opening

<b>Monday</b>	from 19:00	to 21:00
<b>Tuesday</b>	from 19:00	to 21:00
<b>Wednesday</b>	from 19:00	to 21:00
<b>Thursday</b>	from 19:00	to 21:00
<b>Sunday</b>	from 19:00	to 21:00

#### When is the activity or service available

All Year Round

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

No