

# Sleep and Fatigue

## The Sleep Charity

The National Sleep Helpline 03303 530 541

[www.sleepcharity.org.uk](http://www.sleepcharity.org.uk)

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

The Sleep Charity provide advice and support to empower the nation to sleep better. They campaign to improve sleep support and access to high quality information, raise awareness of the value of a good night's sleep and promote understanding around the complexities of sleep. They believe that sleep is a vital component of health and wellbeing and everyone living with sleep issues should have access to effective, consistent, evidence-based support.

## NHS

[www.nhs.uk/every-mind-matters/mental-health-issues/sleep](http://www.nhs.uk/every-mind-matters/mental-health-issues/sleep)

[www.nhs.uk/live-well/sleep-and-tiredness/](http://www.nhs.uk/live-well/sleep-and-tiredness/)

These websites offers tips and recommendations for things you can do to improve your sleep and help understand and combat tiredness.

**‘Catherine’s enthusiasm is hard not to catch!’**

For further support contact Catherine using the details below to see how you can work with Blue Sky Vitality.

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