

SLEEP SUPPORT



FREEPHONE 0800 138 6565

If you are a parent or carer of a child or young person aged 18 months to 18 years who has sleep problems, then you can call us for advice and support.

Mon-Thu 10am-4pm

If you require an alternative to using the telephone, email:
sleepsupport@sleepscotland.org

www.sleepscotland.org

8 Hope Park Square, Edinburgh EH8 9NW

Email: enquiries@sleepscotland.org

Telephone: 0131 651 1392

Registered as a Charity No. SC 027560



LOTTERY FUNDED