

# Barnsley sleep helpline

**Are your children or teenagers struggling with sleep?**

Our sleep helpline is here to give expert advice if your child is struggling with their sleep, from 12 months through to 18 years of age.

**Trained practitioners from the sleep charity can help you with worries about your child's sleep:**

- ✔ Struggling to fall asleep, staying asleep or waking too early
- ✔ Sleep hygiene guidelines
- ✔ Anxiety and stress at bedtime
- ✔ A wide range of children's sleep issues
- ✔ Teen sleep problems



**From 24 April, you can call the Barnsley sleep helpline every Wednesday, 12 to 4pm on 01226 704026**