



Support for Sleep Issues



The Sleep Charity

Information and support for individuals experiencing sleep problems. They provide advice sheets, workshops, and a national sleep helpline.



Mental Health Foundation

Their report on sleep and mental health explores the impact of sleep on wellbeing and offers practical advice for improving sleep quality



NHS Sleep Support

Sleep problems and insomnia self-help guide



**Cemex Employee Assistance Line
(Lifestyle Support) for confidential advice
and support.**

Call 0808 168 2143

Visit www.lifestyle-support.co.uk

(Username: cemex Password: cemex)