



# 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](http://www.lifestyle-support.co.uk)  
(Username: cemex Password: cemex)