



THE CHARTER FOR SLEEP EQUALITY

Vision

A good night's sleep is vitally important for the mental, physical and emotional wellbeing of all. No one should have to suffer without support when sleep issues arise.

Our shared vision is that everyone living with sleep issues should have access to effective, consistent, evidence-based support. Sleep must be recognised as a vital component for wellbeing.

We believe that:

Evidence based sleep support and advice/information should be made widely available to give people the tools to make changes to improve their sleep.

Professionals must be appropriately trained and supported.

Sleep education should be embedded in schools, early years settings, parenting courses, the workplace and through professionals training to help identify and address sleep problems an early stage.

Aim

We are working hard to raise awareness about the importance of sleep and the lack of support available.

We will work together to provide a framework for championing better sleep that underpins better mental health and wellbeing for the nation.

Commitment

This Charter has been created and supported by organisations committed to working together to bring about coordinated action to improve the nation's sleep.

Signing up to the Sleep Equality Charter is a voluntary commitment addressing the growing issue of sleep deprivation and fatigue among all age groups and how to tackle it.

Join us

Working together we can make a real difference to the lives of adults and children struggling with lack of sleep.

Those who sign up to the Charter will promote good sleep health within their business/organisation, among their employees or students and throughout the community in the UK.

To sign up to the Charter for Sleep Equality and pledge your support please email info@sleepcouncil.org.uk