

SLEEP SUPPORT



FREephone 0800 138 6565

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

Mon-Thu 10am-4pm

www.sleepscotland.org

8 Hope Park Square, Edinburgh EH8 9NW

Email: enquiries@sleepscotland.org

Telephone: 0131 651 1392

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