

# Sleep support



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

## [The sleep charity](#)

**03303 530 541**

National sleep helpline offering advice and support and their website is full of resources, including some courses.

## [Melo - Sleep page](#)

Has information on self-help and resources, including a courses to help improve sleeping habits such as Melo Cymru's free course and Silvercloud's space for sleep programme.

## [NHS Audio guide](#)

Has a dedicated one of sleep as well as anxiety, depression, low mood, self-esteem and social anxiety.

## [MIND](#)

Offers some great information and resources to help people manage with their sleep.

## **The Sleep Book: How to Sleep Well Every Night by Dr Guy Meadows**

