



Project Sleep - Sleep Helpline™ Resources

Criteria for resources distributed by Sleep Helpline Resource Specialists

Disclaimer

Project Sleep uses reasonable efforts to vet resources according to established criteria prior to distributing or referring people to such resources. However, referencing such resources does not indicate or imply Project Sleep endorsement of any third-party provider or its services. Project Sleep is not responsible for the content or service provided by any of these resources.

Criteria for Resources

Project Sleep aims to provide resources that are accessible, credible, inclusive, and free or affordable. Our team put a lot of time and thought into defining our criteria for quality resources to ensure that we are sharing the most helpful content for those living with sleep disorders and their loved ones. Project Sleep's Sleep Helpline offers resources that:

- Cite reputable sources from one of the following:
 - 1) a 501(c)(3) organization or municipal, state, or federal agency that provides social, educational, or health and human services;
 - 2) a for-profit health and/or human services organization that is not eligible for 501(c)(3) status but meets all state licensing requirements, such as hospitals and health clinics, or professional medical societies
- Provide unique, specialized information that is beneficial to someone navigating a sleep disorder or caring for someone with a sleep disorder
- Are not privately-run or -owned blogs or businesses
- Are not independent private practitioners, including but not limited to: therapists, counselors, doctors, lawyers



- Are not provided by for-profit organizations with a commercial interest in selling new products or services to those living with sleep disorders
- Don't discriminate based on age, gender, religion, sexual orientation, political affiliation, etc.
- Are not duplicative of our existing resources
- Are free or low-cost resources and don't contain hidden services or subscription fees
- **Patient Stories:** Project Sleep believes that hearing first-hand perspectives can be important educational resources while adjusting to a new sleep disorder diagnosis. Thus, we will provide guidance on seeking out first-hand patient perspectives and stories (via videos, books, podcasts, and/or articles published by reputable media outlets). We will remind constituents that one person's experiences and viewpoints are not a reflection of all patients' experiences, as experiences vary greatly from person-to-person.

Project Sleep's Sleep Helpline and resources are provided for information only. Project Sleep does not give medical advice or provide medical services. Furthermore, Project Sleep does not promote or endorse **any** specific treatment, product, service, or provider. **All healthcare decisions should be made by you in consultation with your healthcare providers.**

What is the Sleep Helpline?

The Sleep Helpline™ is a nonprofit-led, professionally-staffed national helpline providing timely and trusted resources to help individuals navigate sleep issues and sleep disorders at every step of the journey. Contact us at 1-800-819-2043 or visit our webpage: project-sleep.com/helpline

Who runs the Sleep Helpline?

The Sleep Helpline is provided by Project Sleep, a 501(c)(3) non-profit organization dedicated to raising awareness about sleep health, sleep equity, and sleep disorders.

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