

# Sleep Issues? Sleep Disorder? **Get Support.**



We're here  
to help  
along every  
step of your  
journey.

The Sleep Helpline™ is a free national helpline providing personalized support and resources for people facing sleep issues and sleep disorders. Led by Project Sleep, a 501(c)(3) non-profit, the Sleep Helpline offers trusted sleep disorders information and practical support in navigating the healthcare landscape and daily living.

## CONNECT WITH US:



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Provided by  project sleep