



thesleepcharity.org.uk

CHARITABLE OBJECTS/PURPOSE

The objects of The Sleep Charity are:

- The advancement of health in the UK and elsewhere through the provision of services which encourage and promote the importance of sleep for mental, emotional and physical wellbeing
- Such other charitable purposes as the trustees shall from time to time think fit
- Positively enhance the lives of those that we come into contact with in our community
- Value all those that we work with and alongside. We act in a reliable, enthusiastic, approachable and non-judgmental manner
- We will provide creative solutions to problems faced. We adapt our approach to the needs of the individual
- We believe in embracing challenges in a positive manner wherever possible by finding appropriate ways to meet them

Our Mission To empower the nation to sleep better



Making a positive difference

We will positively enhance the lives of those that we come into contact with in our community.



People

We value all those that we work with and alongside. We act in a reliable, enthusiastic, approachable and non-judgmental manner.



Innovation

We will be innovative in our approach providing creative solutions to problems faced. We will continue to find new ways to address sleep issues.



Collaboration

We value the experience of others and will actively collaborate to better achieve our mission.



Challenge

We believe in embracing challenges in a positive manner wherever possible finding appropriate ways to meet them.