the Sleep Charity

Our Vision

Better sleep for a better life

the Sleep Charity

Our *Mission*

To empower the nation to *sleep better*

the Sleep Charity

Our Values

Empower

We empower people through education, support and sharing staff expertise, enabling individuals and communities to make informed decisions about sleep and wellbeing.

Community Focused

We embrace inclusivity and recognise diversity to ensure our services meet the needs of all those we support.

Integrity

We work with integrity by delivering evidence-based information, building trust, standing by our values and collaborating with partners who share our commitment to quality and excellence.

Compassion

We work with compassion, treating everyone with kindness, care, respect and empathy, placing people at the heart of everything we do.