

The Charter For Sleep Equality

VISION

A GOOD NIGHT'S SLEEP IS VITALLY IMPORTANT FOR THE MENTAL, PHYSICAL AND EMOTIONAL WELLBEING OF ALL. NO ONE SHOULD HAVE TO SUFFER WITHOUT SUPPORT WHEN SLEEP ISSUES ARISE.

Our shared vision is that sleep difficulties are understood in the workplace, employers are educated and that employees have access to effective, consistent evidence-based advice and support.

WE BELIEVE THAT

BY CAMPAIGNING TO TACKLE THE IMPACT OF SLEEP DEPRIVATION ON HEALTH AND SAFETY IN THE WORKPLACE, WE CAN MAKE A CULTURAL CHANGE.

Evidence based sleep support advice/information should be made widely available to give people the tools to make changes to improve their sleep.

Professionals must be appropriately trained and supported.

Sleep education should be embedded in the workplace and through professionals training to help identify and address sleep problems at an early stage.



AIM

WE ARE WORKING HARD TO RAISE AWARENESS ABOUT THE IMPACT OF SLEEP DEPRIVATION AS A HEALTH AND SAFETY RISK AND THE LACK OF SUPPORT AVAILABLE.

We will work together to provide a framework for championing better sleep that underpins better mental health and wellbeing for the nation.

COMMITMENT

THIS CHARTER HAS BEEN CREATED AND SUPPORTED BY ORGANISATIONS COMMITTED TO WORKING TOGETHER TO BRING ABOUT COORDINATED ACTION TO IMPROVE SLEEP.

Signing up to the Sleep Charity Equality Charter is a voluntary commitment addressing the growing issues of sleep deprivation and fatigue among all age groups and how to tackle it.

JOIN US

WORKING TOGETHER WE CAN MAKE A REAL DIFFERENCE TO THE LIVES OF THOSE STRUGGLING WITH LACK OF SLEEP.

Those who sign up to the charter will promote good sleep health within their business/organisation and among their employees throughout the community in the UK.

TO SIGN UP TO THE CHARTER FOR SLEEP EQUALITY AND PLEDGE YOUR SUPPORT PLEASE EMAIL INFO@THESLEEPCHARITY.ORG.UK