



Sleep
Talkers

Connecting
Communities
for Better
Sleep

POWERED BY





Do you support adults aged 50+ with any of the following?



Ageing is linked to numerous health concerns, but did you know that the majority of adults suffering with one or more of the above issues will likely have difficulties with their sleep?

In fact, poor sleep can contribute to many health problems, reducing quality of life in adults aged 50+.

Yet at any one point **40% of adults in the UK** are experiencing sleep issues. In particular, adults aged 50+ often don't sleep well and this can lead to exhaustion, loneliness and serious mental health issues.

Sleep is a right, not a privilege.



We know how to build a nation that sleeps better, but we can't do it alone.

The Sleep Talkers project aims to create a network of well-trained volunteers supporting adults aged 50+ across England, connecting communities for better sleep.



Fully funded by The National Lottery

Key staff members will receive our free Sleep Talkers training programme.

They will then be provided with a bespoke, pre-written Sleep Talkers training session to deliver to volunteers and other staff members.

Sleep Talkers will support creating a more holistic service by having:

- The confidence to start conversations with individuals and families about sleep
- The knowledge and skills to offer support and guidance to improve sleep

How will it benefit your organisation?

- Upskilling volunteers with high quality, evidence-based training about sleep
- By empowering clients to make a difference to their lives by implementing positive changes to improve their sleep



To find out more visit sleeptalkers.org.uk
or email sleeptalkers@thesleepcharity.org.uk