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**Where To Get Further Help**

**BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES**

Find details of all officially accredited CBT Therapists. All the practitioners listed are accredited members of either the British Association for Behavioural & Cognitive Psychotherapies (BABCP), which is the lead organisation for CBT in the UK and Ireland, or the Association for Rational Emotive Behaviour Therapy (AREBT).

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Imperial House Hornby Street Bury Lancashire BL9 5BN

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0161 705 4304

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[www.babcp.com](http://www.babcp.com)

**BRITISH SLEEP SOCIETY**

A registered charity, The British Sleep Society is a professional organisation for medical, scientific and healthcare workers dealing with sleeping disorders. Find details of sleep centres local to you.

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PO Box 247 Colne Huntingdon PE28 3UZ

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[professional@sleeping.org.uk](mailto:professional@sleeping.org.uk)

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[www.sleepsociety.org.uk](http://www.sleepsociety.org.uk)

**BRITISH SNORING & SLEEP APNOEA ASSOCIATION**

Helping snorers and their sleeping partners in the UK and worldwide, the association provides information on the causes and also advice on remedies for snoring. A range of books, devices and remedies are available to purchase on the site, providing information on achieving an undisturbed night’s sleep and there is a monthly newsletter available.

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Chapter House 33 London Street REIGATE Surrey RH2 9HZ

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01737 245638 – Freephone helpline 0800 085 1097

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[info@britishsnoring.co.uk](mailto:info@britishsnoring.co.uk)

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[www.britishsnoring.co.uk](http://www.britishsnoring.co.uk)

**CPAP**

A free public information resource for those seeking to learn more about sleep apnoea and snoring and for those who are existing sleep apnoea patients on CPAP therapy. Run by a company called Intus Healthcare, which specialises in the diagnosis and treatment of obstructive sleep apnoea (OSA), the site offers users the latest news on OSA, forums for patients to discuss their concerns and health problems, useful tips and trouble-shooting on CPAP therapy via the forums and blogs, useful links to further services and the latest research on OSA, along with frequently asked questions.

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[www.cpap.co.uk](http://www.cpap.co.uk)

**HOPE2SLEEP CHARITY FOR SLEEP APNOEA, SNORING AND SLEEP DISORDERED BREATHING**

A registered charity run by sleep apnoea sufferers, CPAP and non-invasive ventilator users and sleep professionals – all of whom are passionate and committed in supporting people to get the safe restful sleep they deserve. We constantly raise awareness of Sleep Apnoea and are a unique charity, in that we support patients with all kinds of sleep disordered breathing (Sleep Apnoea, Upper Airways Resistance Syndrome (UARS), Snoring (when UARS or OSA is suspected), Hypoventilation Syndromes and any other condition requiring CPAP or Non-Invasive Ventilation). We self-fund our charity via sales of our CPAP and non-invasive ventilator products which are sometimes required to help people sleep more comfortably in their masks. Support is available 24/7 in our private groups. Please don’t suffer alone when help is freely available!

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85 Ings Road, Hull, East Yorkshire, HU8 0SD

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0300 102 9711

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[support@hope2sleep.co.uk](mailto:support@hope2sleep.co.uk)

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[www.hope2sleep.co.uk](http://www.hope2sleep.co.uk)

**LONDON SLEEP CENTRE**

The London Sleep Centre and its associated centre The Edinburgh Sleep Centre are the only centres in the UK that provide access to the full range of services for patients with all types of sleep disorders across the life span within one location. Both are private clinics that accept referrals from General Practitioners and other medical specialists. They also accept direct patient referrals where the patients are self funding. Their specialist teams are recognised by all of the UK private health care companies and by the major international health insurance companies.

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137 Harley Street LONDON W1G 6BF

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020 7725 0523

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[info@londonsleepcentre.com](mailto:info@londonsleepcentre.com)

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[www.londonsleepcentre.com](http://www.londonsleepcentre.com)

**NARCOLEPSY ASSOCIATION UK (UKAN)**

Narcolepsy is a malfunction of the sleep/wake regulating system of the brain where the sufferer has an irresistible tendency to fall asleep – often in unlikely circumstances – or may have sudden loss of muscle control triggered by excitement, anger or amusement. The website was set up by UKAN, the Narcolepsy Association UK, with the aim of promoting awareness and providing information on how the condition is diagnosed and treated. Members also receive a quarterly newsletter.

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PO Box 26865 KIRKCALDY KY2 9BY

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0845 4500 394

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[www.narcolepsy.org.uk](http://www.narcolepsy.org.uk)

**SLEEP APNOEA TRUST**

Sleep apnoea is a disorder that occurs during sleep when the sleeper actually stops breathing due to a tightening of muscles in the throat which awakes them in a breathless state before quickly returning back to sleep. A registered charity and managed by volunteers, the trust aims to improve the lives of sleep apnoea patients and their families by offering information, support and non-medical advice while also sending regular newsletters to trust members. Membership can be obtained via the website, which also lists a number of sleep clinics and helplines to call for advice.

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PO Box 60 Chinnor Oxfordshire OX39 4XE

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0845 038 0060

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[info@sleep-apnoea-trust.org](mailto:info@sleep-apnoea-trust.org)

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[www.sleep-apnoea-trust.org](http://www.sleep-apnoea-trust.org)

**SLEEP MATTERS HELPLINE**

This helpline run by the Medical Advisory Service puts callers straight through to trained nurses who will talk through problems and, if necessary, refer to the right source for further help and advice.

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PO Box 3087 LONDON W4 4ZP

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020 8994 9874 (6pm-8pm weekdays)

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[office@medicaladvisoryservice.org.uk](mailto:office@medicaladvisoryservice.org.uk)

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[www.medicaladvisoryservice.org.uk](http://www.medicaladvisoryservice.org.uk)

**SLEEPSTATION**

Sleepstation is a drug-free and clinically validated sleep improvement programme. Delivered entirely online and carefully tailored to each individual, Sleepstation helps people identify the underlying causes of their sleep problem and provides the support and guidance needed to improve sleep. Clinically proven to combat even the most severe insomnia, the personalised support is what makes Sleepstation so effective. The team of coaches and sleep experts will support and guide you on your journey to better sleep. You can buy one of the three packages on offer or the Essentials package is available for free on the NHS.

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Toffee Factory Quayside, Newcastle upon Tyne NE1 2DF

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0333 800 9404

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[info@sleepstation.org.uk](mailto:info@sleepstation.org.uk)

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[www.sleepstation.org.uk](http://www.sleepstation.org.uk)

**THE ROYAL COLLEGE OF PSYCHIATRISTS**

The Royal College of Psychiatrists is the professional and educational body of psychiatrists in the UK and Ireland. The website looks at many related subjects in the area of psychiatry, one of which is sleep. Leaflets and factsheets are available to read on the site along with the option to send off for the leaflets or purchase audiotapes to help with sleeping problems.

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17 Belgrave Street LONDON SW1X 8PG

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020 7235 2351

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[rcpsych@rcpsych.ac.uk](mailto:rcpsych@rcpsych.ac.uk)

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[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)