

International Sleep Charity

England & Wales · Charity number 1123736

Details

Other names	EXPRESS YOURSELF TRUST
Status	Registered
Legal form	Trust
Registered	2008-04-17
Register	View on the Charity Commission register

Contact

Address	c/o SleepHubs Ltd Shedfield House Dairy Sandy Lane Shedfield Southampton SO32 2HQ
Phone	03330033352
Email	info@internationalsleepcharity.org
Website	https://www.internationalsleepcharity.org/

Activities

Objects: THE OBJECTS ARE SUCH CHARITABLE PURPOSES AS ARE CHARITABLE UNDER THE LAW OF ENGLAND AND WALES AS THE TRUSTEES AT THEIR ABSOLUTE DISCRETION DETERMINE.THE TRUSTEES MUST USE THE INCOME AND MAY USE THE CAPITAL OF THE CHARITY IN PROMOTING THE OBJECTS.

Activities: The charity is run by volunteers to improve sleep outcomes for free.The main activities are:1) Improved sleep education by webinars and podcasts from world experts.2) Free use of sleep improvement services/goods to specific groups3) Fast, objective, cost-effective sleep equipment testing

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations
- **What:** Education/training, Accommodation/housing, Economic/community Development/employment
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, NATIONAL
- Iceland
- United States
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£0	£5,493	-	-
2023-12-31	£0	£3,305	-	-
2022-12-31	£0	£1,377	-	-
2021-12-31	£23,698	£7,698	-	-
2020-12-31	£0	£0	-	-

Trustees

Name	Role	Appointed
CHARLIE OULTON		
Dr Yizhou Yu		2025-01-05
Suleyman Nordeen		2025-01-05