



MACMILLAN
CANCER SUPPORT



Big Health



Don't let cancer stop you sleeping

Hearing the words “you have cancer” affects more than just your physical health, it can affect your ability to sleep as well as usual.

Macmillan has partnered with Big Health to offer free access to Sleepio, an NHS-recommended treatment for poor sleep, to help you overcome sleepless nights brought on by increased worry.

Get started now:

sleepio.com/macmillan