

The logo for Teen Sleep Hub is located in the top left corner. It consists of a white speech bubble with a blue and red circular graphic to its left. Inside the speech bubble, the text "Teen Sleep Hub" is written in a bold, black, sans-serif font.

Teen
Sleep
Hub

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A stylized illustration of a person sitting up in bed, reading a book. The person is depicted in a simple, rounded style with a grey body and a blue head. The bed is represented by blue and white shapes. The background is a dark blue night sky with white stars and a large red shape representing the moon or a light source.

POWERED BY

The logo for The Sleep Charity is located in the bottom left corner. It features the text "the sleep charity" in a white, lowercase, sans-serif font. To the left of the text is a graphic of a cluster of white dots of varying sizes, arranged in a roughly circular pattern.

the
sleep
charity

#TEENSLEPMATTERS