

**SLEEP BETTER  
FEEL BETTER  
BREATHE BETTER**

WORRIED AND LOSING SLEEP?  
STOPPING SMOKING CAN REDUCE STRESS  
LEVELS AND IMPROVE YOUR SLEEP  
PATTERNS.

WANT TO REST EASY?  
CALL THE STOP SMOKING SERVICE  
AND FIND OUT ABOUT THE SUPPORT  
THAT IS AVAILABLE.

**QUIT  
YOUR  
WAY**  
with our  
support

NO SMOKING DAY 10 MARCH 2021

**0800 025 3000**

NHS FIFE