

# Sleep Cove Podcast Plans Ukraine Charity Special Episode

Wednesday 9 March, 2022

[Sleep Cove](#), one of the world's largest Health podcasts, is hosting a Ukraine charity special episode. All sponsorship money will be donated to charities with the episode content chosen by Ukrainians.

Christopher Fitton, the founder of Sleep Cove, the podcast that helps people sleep with hypnosis, meditations and stories, is producing a charity special episode for the people of Ukraine.

Christopher says, "Before I worked full-time in mental health, I contracted for a tech company that had many staff based in Ukraine, especially Kharkiv. My colleagues were fantastic people and upon seeing how the terrible invasion unfolded, I reached out to them, offering to do a charity special for a Ukrainian cause of their choice.

A Ukrainian fairy-tale called Kotyhoroshko (pea-roller in English) was chosen as the bedtime story for the episode. It's a tale of how a boy defeats a dragon, which seems like a perfect analogy right now.

There will be a charity drive on the show for listeners to donate to charities helping Ukraine and its people."

The episode goes live on 14th March. All episode sponsorship money from present and future advertisements will be donated to these causes:

- [Disaster Emergency Committee](#)
- [Unicef - Protect Children in Ukraine](#)
- Ukrainian Fundraisers sourcing much-needed equipment on the ground.

## About:

Christopher Fitton is an advocate for the therapeutic power of hypnotherapy and meditation. He hosts the successful health and wellness podcast [Sleep Cove](#).

Sleep Cove is a podcast that helps listeners to get a great night's sleep thanks to relaxing sleep hypnosis, guided sleep meditations and bedtime stories.

With over 50 million successful snoozes (listens) Sleep Cove is one of the largest Health and Wellness podcasts in the world.

## Contact:

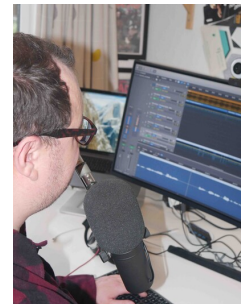
Christopher Fitton is available for questions and interview

Phone: 447966 539459

Email: [christopher@sleepcove.com](mailto:christopher@sleepcove.com)

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**Company Contact:****[Sleep Cove](#)**

T. 07966539459

E. [christopher@sleepcove.com](mailto:christopher@sleepcove.com)

W. <https://www.sleepcove.com/>

**Additional Contact(s):**

Christopher Fitton is available for questions and interviews and be contacted via:

Phone: 447966 539459

Email: [christopher@sleepcove.com](mailto:christopher@sleepcove.com)

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