

SLEEP HYGIENE

During times of stress, anxieties can be very high which can affect your sleep. It is important to maintain a good sleep pattern as it helps your mind and body focus. Here are some ideas to help if you are struggling with sleep.

- Keep consistent schedule: try to ensure that you get up and go to bed at the same time each day. Even if you cannot sleep this will eventually reset your body.
- Make your room a relaxing place: make sure your room is tidy before you go to bed. Keep your room cool; open a window if possible or a small fan.
- Relax your mind: think of nice things before sleep, something positive in the day or that makes you feel happy
- 9 to 0 breathing: breathe slowly and count down from 9 to 0 in your head.

If you cannot sleep do a 10 minute activity like reading, colouring or listening to gentle music and try again.

