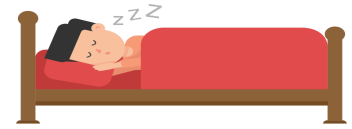


Sleep Hygiene



Some helpful tips to consider to aid a restful nights sleep.

- Leave your phone down stairs and begin to see your bedroom as a tech free zone.
- Be prepared for sleep - start a wind down process.
- Ensure your bedroom offers a cool, calm space.
- Spend 5 minutes in bed before sleep slowing down your breathing, relaxing each part of your body and letting your body unwind.
- If you have negative/intrusive thoughts when trying to sleep - interrupt them.
- Use control words such as '**stop**', when they enter your mind.
- If you are worrying about not having done something, add '**yet**' to the thought. '*I haven't sent the email **yet.***'
- When you have interrupted the thought, quickly replace it with something that matters to you. A memory, or happy place. Look at a photo or picture in the room that is meaningful to you.
- If you have a bad dream, acknowledge it and then seek out the comfort in it - the friend or family member that may be present. The rest of the dream is unimportant, the importance is only that you were with someone you cared about.
- Find things that work for you - a book, beauty routine, anything that offers you a time before bed that is just for you to begin to unwind and relax physically and mentally.