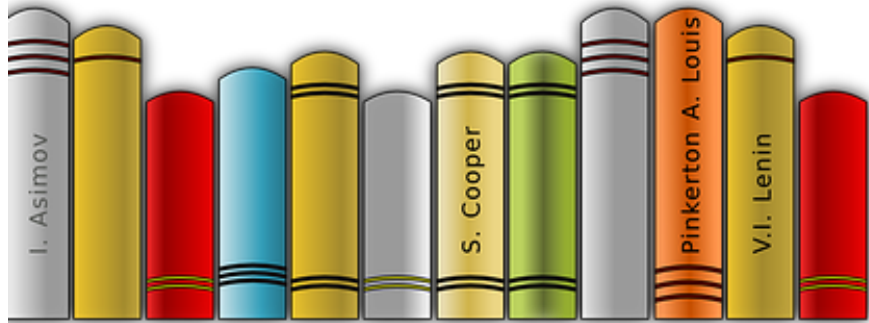




# Simple practical steps to try out to get a good nights sleep



**Switch off technology/phones** at least one hour before bed to avoid stimulation from the blue-light emitting from technology.



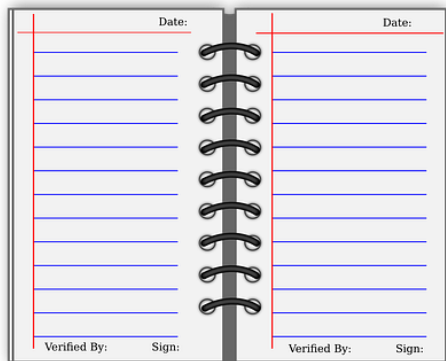
**Reading books**, a warm shower or bath, listening to relaxing music, have a warm beverage such as a non-caffeinated herbal tea

Setting up a **bedtime routine** to signal to your body that you are making your way to bedtime.



**Being consistent** with a sleep/wake routine. Getting sunlight within a few hours of waking helps to set your body clock, even if just for 15 minutes daily.

**Meditation.** Close your eyes for a few minutes each day and just focus on breathing. You don't need to do anything else but witness your thoughts and feelings.



**Write your feelings on paper.** Journal how the day went, self reflection and re-read them to see what kind of positive or negative state your mind is in will help ease stress and "get out of your head"



# Other things you can try out to get a good nights sleep



## Yoga

Yoga YouTube Channels like *Cosmic Yoga for kids* and specific Yoga apps are available for free. By Practicing Yoga it helps to relax the body, decreases heart rate and blood pressure and rest the mind.

## Stay away from sugar

Sugar before bed will give a boost of energy (spike your blood sugar levels), you don't want that before bed. Just a normal dinner is best. Ideally a mix of protein, a complex carbohydrate and veggies.

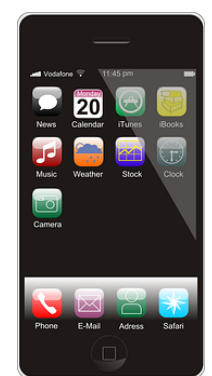


## Limit Screen time

30-60 minutes no screen time before bed – screens are very entertaining, stimulating and engaging – bright colours – connections to friends or celebs – keeps our brains active. You need some quiet time for the brain to have a relaxing/restful sleep

## Gratitude

Practice gratitude before bed by saying or writing down what we are grateful for puts us in a great mood. A mood full of appreciation fills us with Joy and love for life and the people around us who are supporting us. Happy hormone of Oxytocin is released and relaxes us making us feel at peace before we sleep conditioning the brain for happy dreams.



**Breathing** in for a 3-4 count, holding whilst counting to 3-4 and exhaling counting to 3-4, repeating as many times as needed to help relax your body and mind. Focuses your mind on the breath which allows the mind to rest, process all the information from your brain. This technique puts you into your body, when your attention is in the body you can feel what it needs more

*This is not an exhaustive list but just some suggestions that may be helpful!  
Please keep up to date with government guidance and take care of yourselves.*