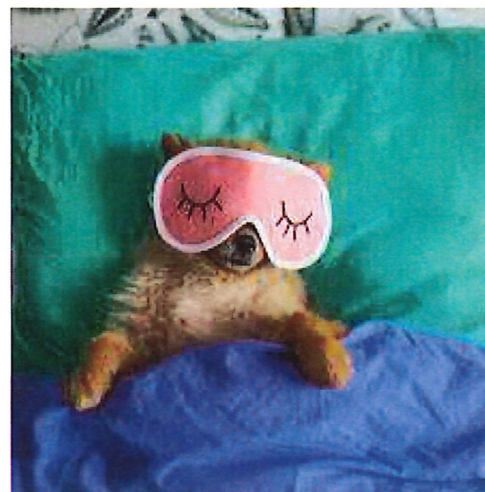


# SLEEP

A good night's sleep can really

help us cope with the day, but many of us struggle to rest properly – which can make everything so much harder to face.



## TIPS TO HELP WITH SLEEP

### • PERSONAL SLEEP WINDOW

Try and go to sleep and wake at a similar time each day. Most of us allow less time than we need – adults usually need between 7 and 10 hours a day. Teenagers need between 8 and 11 hours a day.

### • SUNLIGHT

We all need time in the light as well as in the dark – find time to get outdoors for some sunlight (even if it is raining!) to help your body understand it is time to rest at night.

### • MINIBREAKS IN THE DAY

We all will feel the build up of stress in the day – whether in work or at home. **MAKE TIME** to have even just a ten second break – stop and breath slowly for ten seconds, stand and stretch, or spend ten minutes phoning a friend. Plan these mini-moments into your day.

### • SLEEP SAVVY DIET

Eat breakfast and hour or more after you wake. Try to stop eating about 3 hours before you sleep and avoid sugar before bed.

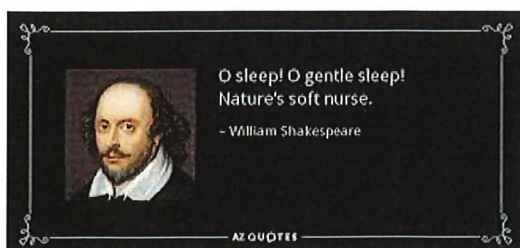
### • TRANSITION AND DETACH FROM YOUR DAY BY:

**Reflect and appreciate** – think of the things that went well and you got done!

**Distance yourself** from work and the stresses of the day – put the laptop away, ironing board and move to a different room etc... if working from home.

**Your choice** – Choose a TV programme you want to watch (don't just flick through the channels), or an activity that is something you want to do away from your work life.

### • START YOUR NEW DAY BY REATTACHING:



**Don't snooze** –allow yourself to wake slowly and engage with the new day









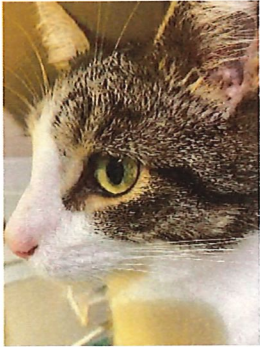




**Leave your phone** alone for a bit – 30 mins or so.

**Open the curtains/blinds** – let the light in

**Reconnect with the day** - plan conversations, remind yourself of what needs to be done

**Identify the breaks and any support you'll need for the day**



<p><b>MATCH THE PETS WITH THEIR OWNERS</b></p> <p>1.</p> 	<p>2.</p> 	<p>3.</p> 
<p>4.</p> 	<p>5.</p> 	<p>6.</p> 
<p>7.</p> 	<p>8.</p> 	<p>9.</p> 
<p>10.</p> 	<p>11.</p> 	<p>12.</p> 
<p>13.</p> 	<p><b>THESE PETS BELONG TO:</b></p> <p>Mr Chambers, Mrs Georgio, Mrs Goodwin, Mr Hall, Mrs Mansell, Mrs Margerrison, Miss McGowan, Miss Norrington, Miss Portage, Mrs Potter, Mrs Rogers, Mr Sims, Miss Sultan and Mrs Wright</p>	<p>14.</p> 