

Name: _____

Address: _____

1. Wind down an hour before you usually go to bed.
2. Avoid screen time 30 minutes before you'd like to go to sleep.
3. Use free apps like 'ScreenZen' and 'Brick' to limit notifications and your access to apps.
4. Spend some time stretching before you get into bed.
5. Have a shower before bed - stimulating the parasympathetic nervous system.
6. Drink a camomile tea - known for its calming effects.
7. Listen to soothing nature sounds or white noise.
8. If you wake up during the night and can't get back to sleep, get out of bed and do a boring activity until you begin to feel sleepy again.
9. Wake up at the same time every day.
10. Open your curtains as soon as you wake up in the morning.

Signature: @shannon_counselling