

ZZZ... Just like food, water and air, our bodies need sleep. Good sleep is the foundation for positive mental health. Everyone's individual sleep needs vary. Whilst some may only need as little as 5 hours a night, others may need 10 hours or more.

What to do...

- Counting sheep: by occupying our minds with something repetitive and mundane.
- Hide Clocks: Sometimes the anxiety of not sleeping makes things worse.
- Have a relaxing bath before bed. Ensure all technology is removed from the bedroom.
- 4-7-8 Breathing Method.
- Write down your thoughts



- Scent your room with lavender.
- Play relaxation music or guided meditation

* For more top tips visit unravelsupport.co.uk

Counting Sheep... supporting restful sleep

It has been reported that 28% of girls + 22% of boys aged between 14-15 believe poor sleep affects their learning.



Environment checklist:

- Is my bedroom comfortable?
- Is my room quiet?
- Is my bedroom too light?
- Is my room too hot or too cold?
- Is my bedroom free from clutter?

If you're struggling to sleep perhaps a sleep diary is the way to go ~ see Counting Sheep for detailed diary ideas.

Sleep + Mental Health

