SLEEP HYGIENE

Sleep is very important in making sure we maintain healthy mental and physical wellbeing

If you are struggling with sleep here are some tips for getting a good night's sleep:

TURN OFF THE SCREENS

I know this is not a popular one, especially when you are young and do a lot of socialising via social media but as we know the screen light keeps your brain active ,additionally to this a break from social media can help relax your mind as it can be a link to negative things that inevitably go hand in hand with the use of social media

UNWIND

Winding down is a critical stage in preparing for bed, there are many ways you can do this :

Take a warm Bath

Listen to calming music

Try Progressive Muscle relaxation or box breathing

DECLUTTER

Research shows that a tidy and organised sleeping environment has positive effects of a persons sleep, may be spend 15 mins tidying each evening so that your bedroom is tidy and organised.

AVOID STIMULANTS

Stimulants include drinks that contain high caffeine and sugar levels (for example tea, coffee, energy drinks and carbonated drinks (fizzy)