

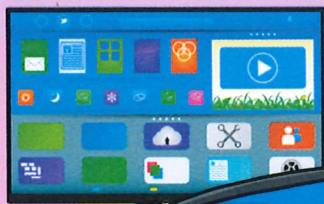
Swap it and Sleep!

Getting enough sleep helps to make us feel better both physically and mentally. Sleep is important for helping our brain to remember things and learn new stuff. Good quality sleep can support if you are feeling worried or down but sometimes sleeping is tricky! It might be difficult for you to go to sleep, but can you come up with some simple swaps to help you feel better!

Bright Lights

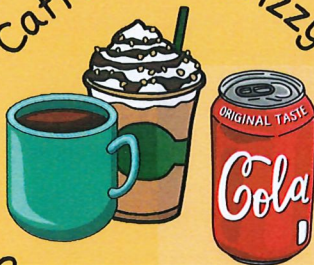


Can think of ideas to swap these habits with? For example instead of gaming before bed, you could read a book or do a short yoga workout.



Screentime

Caffeinated, fizzy



or sugary drinks

going to bed late

