

CALM YOUR MIND AND SLEEP



GETTING ENOUGH SLEEP EACH NIGHT WILL IMPROVE YOUR MENTAL HEALTH AND WELLBEING BY MAKING YOU FEEL RESTED AND READY FOR THE DAY!



WHAT THINGS DO YOU THINK PREVENT A GOOD SLEEP?

DID YOU KNOW YOU SHOULD AIM TO GET
9 TO 12 HOURS OF SLEEP A NIGHT!



THINK OF FIVE TOP TIPS THAT WILL HELP YOU GET A GREAT SLEEP.

- 1.
- 2.
- 3.
- 4.
- 5.