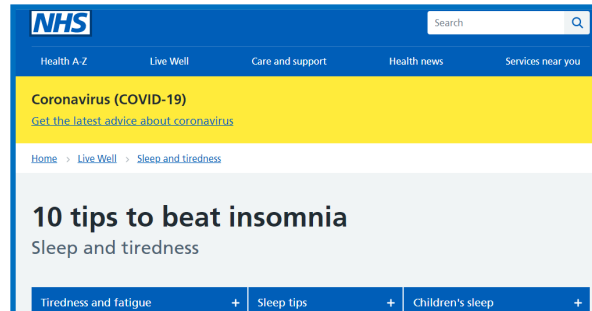




Whilst we continue to deal with the demands of COVID-19, changes to how we work and social isolation, it is even more important to remember the basics - and that includes getting good sleep. Sleep is often one of the first things to suffer when we are stressed. Stress can upset the balance between sleep and wakefulness and create an inability to get to sleep, periodic waking or a shallow, fitful pattern of rest - all of which are extremely common. Here is the NHS & Sleep guidance to safeguard your sleep: Zzz



10 ways to beat insomnia . . .



Sleep is very important . . .

## STILL NOT SLEEPING?

Sleep problems tend to get worse the longer we leave them so it's best to tackle a sleep problem as soon as possible. It's not always possible to resolve sleep problems by yourself, so if you're struggling to get to sleep or stay asleep and it's affecting your daily life - **particularly** if you've had the problem for more than four weeks, then you should contact your GP.

## Did you know that sleep:

- allows the body to restore tissues, energy levels and recover from illnesses?
- helps the mind to unwind, de-stress and restore mental harmony? So a lack of sleep will take its toll on us both mentally and physically.

## Some Tips

- Keep a regular daily routine - don't be tempted to hit the snooze button just because you don't have to physically go in to work.
- Before you start work, or during a mid-morning break, get some natural light – whether that's a brisk walk or 10 minutes sat in the garden with a morning cuppa.
- Put boundaries in place - don't be tempted to 'be available' at all times. Checking emails or working too close to bedtime could see you having trouble falling asleep or staying asleep.
- Avoid fuelling up on caffeine in the afternoon when you hit the post lunch dip.
- Create a regular bedtime routine to help you relax.

## Healthy sleep tips for children

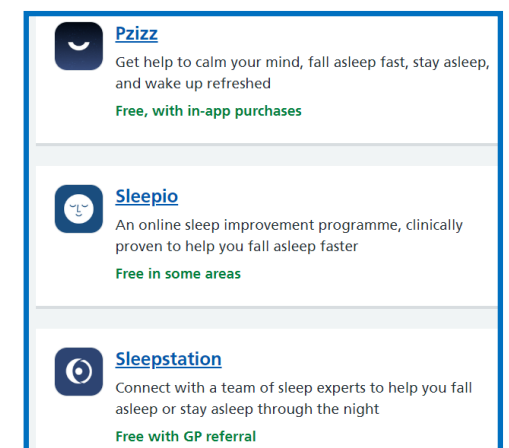
Sleep and tiredness

Tiredness and fatigue + Sleep tips + Children's sleep +

Kids need a restful sleep too . .



Workers need a restful sleep too . . .



apps may help with sleep . . .