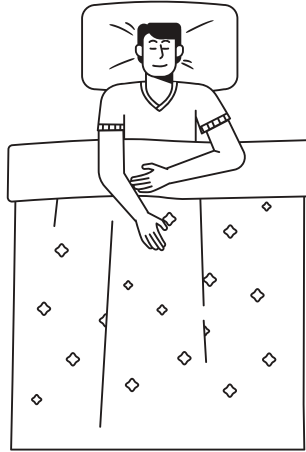


# SLEEP- THINGS TO HELP

# HEAD STRONG



EMPTY YOUR WORRIES ONTO  
PAPER BEFORE BEDTIME



GO OFFLINE EARLIER-  
1 OR 2 HOURS BEFORE BED  
IS BEST

EXERCISE DURING  
DAY

MAKE SURE YOUR  
ROOM IS DARK

SWAP CAFFEINE FOR  
NON CAFFINATED  
DRINKS PAST LUNCHTIME

GET INTO A ROUTINE OF  
GOING TO BED THE SAME  
TIME EACH NIGHT

DURING DAY SOAK  
UP LOTS OF  
DAYLIGHT

AVOID SUGARY LATE  
NIGHT SNACKS- SWAP  
FOR BANANAS!

USE YOUR BED FOR SLEEPING  
ONLY- NOT HOMEWORK OR  
WATCHING TV

MAKE TIME TO  
RELAX IN EVENING

SWITCH OFF PHONE OR CHARGE IT  
DOWNSTAIRS OVERNIGHT