



Better Sleep Tips



Life as a parent is busy and it can be difficult to switch off for sleep. Here are our top ways to sleep better:

Get Up

Getting out of bed can stop the worry cycle

Sleep Shelter

Make sure your bedroom is as comfortable and relaxing as possible

Meditation

Relax and prepare for bedtime with meditation

Counting

Slow your mind down by counting back from 100

Put Phones Away

Put phones away just before bedtime

Brain Container

Keep a worry box or notepad by your bed to write down any thoughts or feelings

My Sleep Goal:
