

Mental Health Awareness Week - Sleep

Getting a good night's sleep is important to keep us feeling well and it is recommended that you get 8-10 hours of sleep a night.

We know that when you are feeling anxious, stressed or low you may get less sleep and this can make it harder to deal with stresses and challenges.

Click on the image to find some tips for getting a good night's sleep, from other people who have struggled with sleep.

See what works for you!

Challenge!
Have one hour of
screen-free time
before you go to
bed.

