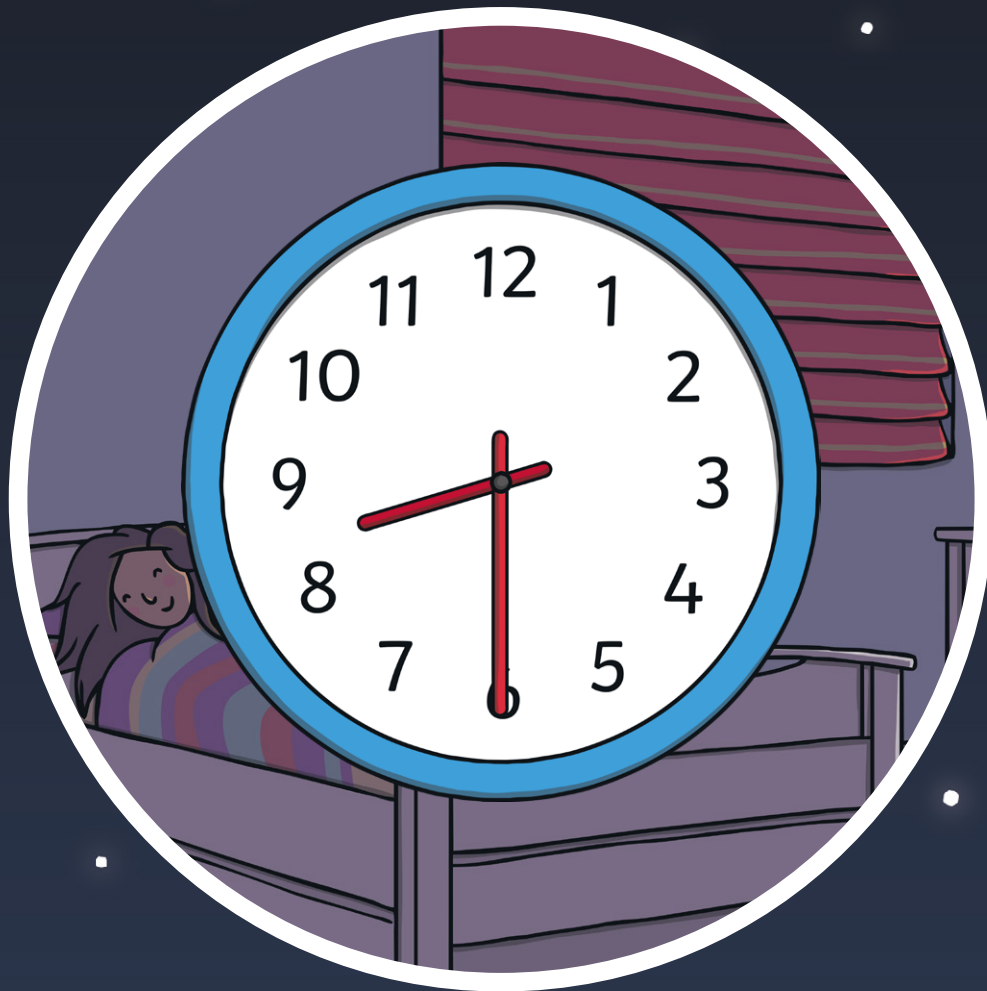


Turn off phones and tablets.



The light on phones and tablets keeps
your brain awake for longer so you
get less sleep!

Try to go to bed at the same time each night.



Your body will get to know that it is time for bed and will get ready for a great night's sleep!

Keep active during the day.



Your body will need to recharge after lots of activity during the day. You will rest much better when you have been active!



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Talk about your day before you go to sleep.



Your brain keeps thinking about what you did during the day while you sleep. It's a great idea to chat to someone about your day to help your brain rest, too!



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