



# STRUGGLING TO SLEEP?



If you can't get to sleep, try not to give yourself a hard time about it. Get up, do something relaxing for a few minutes, and then try again.

## TRY WHITE NOISE

White noise can help some people sleep as it reassures your brain everything is safe and secure. This can be as simple as the static noise from a white noise app, or music (some people find music with no vocals is best for sleep) or sounds (such as rain, or waves) on a Bluetooth speaker. Let this play all night and turn it off when you wake up to start your day.

## WRITE DOWN YOUR WORRIES

If thoughts or feelings are rushing through your mind, write them down on a piece of paper and put them in a box or drawer away from your bed. If any of it continues to stay on your mind the next day, you can have a look at what you've written and talk it through with someone you trust.



## COULD YOU BE THIRSTY?

If so, go and get yourself a glass of water.



## TRY THIS BREATHING TECHNIQUE

**Slowly exhale** through your mouth.  
**Inhale slowly and deeply** through your nose to the count of four.  
**Hold your breath** for another count of four.  
**Exhale again** through your mouth for a count of four.  
**Repeat at least four times.**



**MAKING SMALL, CONSISTENT CHANGES TO YOUR SLEEP ROUTINE AND HABITS CAN MAKE A BIG DIFFERENCE.**

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