

 Although it can be tempting to stay up late and have a lie-in when there's no school, stick to your usual bed time and wake-up time




 Try to use your bed only for sleeping. If you sit on it for playing on tablets, Xbox, Playstation etc, get a chair to use instead

 Make sure you exercise during the day! Why not try the 7 minute animal exercise on page 8?

 Try not to use tablets/phone/TVs/games consoles an hour before bed. Do a relaxing activity instead – like reading a book, or try out the whole body relaxation on page 9



 If you can't sleep, try whole body relaxation on page 8 or 'Take 5' deep breathing on page 12. Cuddling up with a teddy or blanket can also help!

 Try avoid sweets, chocolate, fizzy drinks

