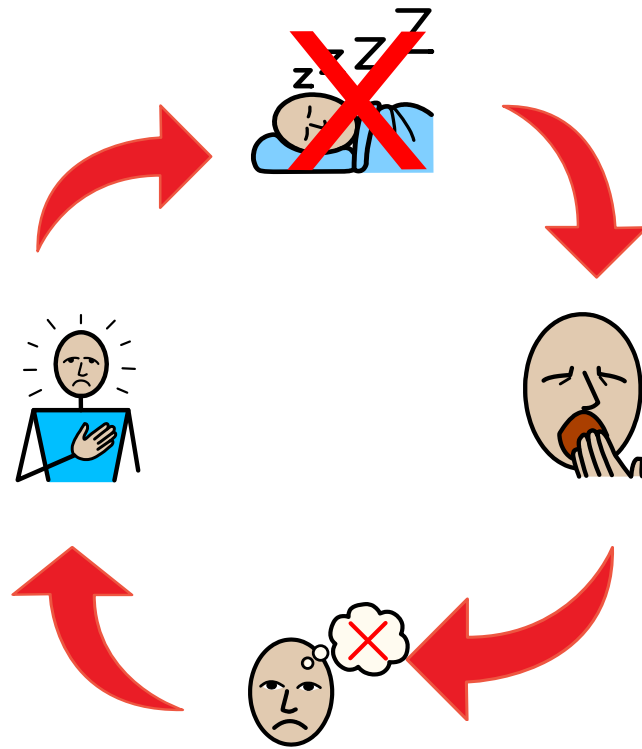


# Why is Sleep Important?



Poor sleep can make you feel tired.

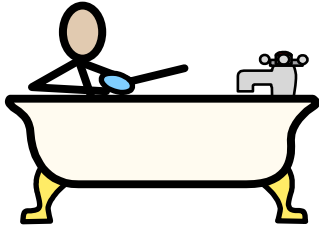


This can make it difficult to think, and make



us feel worried or sad.

# How to Improve Sleep



Have a bath or shower before bed.



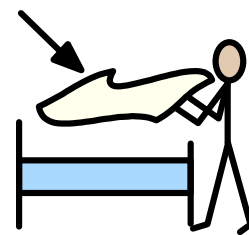
No screens before bed.



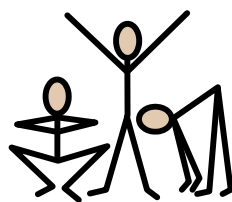
Relax before bed.



No tea or coffee in the afternoon.



Make your bedroom comfortable.



Look after your physical health.