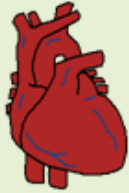




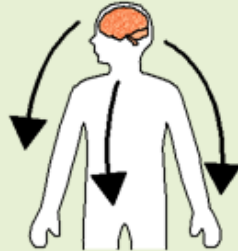
Sleep Hygiene



Sleep is important.



When sleeping your heart does not have to work as hard.



Sleep is important for hormone production.



Particular immune cells work better during sleep.



Sleep helps the brain store memories and learning.



What happens if I don't get enough good sleep?



I may feel panicky.



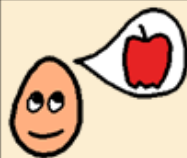
My tolerance may be lower so things annoy me more.



I may lose my temper more often.



I may feel quite teary.



I may feel hungrier.



I may be more forgetful.



I may find it more difficult to understand.



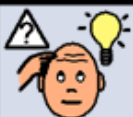
I may find it difficult to concentrate.



I may feel unwell or become unwell more often.



Something else



How do I improve my sleep?



Create a good sleep routine



Have a calm sleep environment



Avoid caffeine in the evening



Be active during the day



Have clothes and resources ready for the next day



Something else

Communication Friendly @SchoolsNlc

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How do I improve my sleep?



Create a good sleep routine



Have a bath
before going to
bed.



Put on pyjamas



Read or do
something that
helps to quieten
your mind.



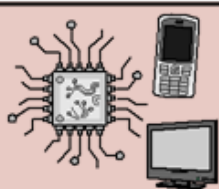
Got to bed at the
same time each
night.



Get up at the
same time in the
morning.



Have a calm sleep environment.



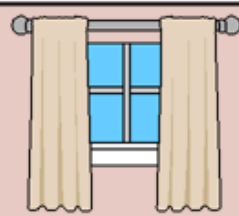
Turn off TV,
computers,
consoles and
music.



Dim lights if
possible.



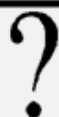
Have a clear bed.



Close curtains or
blinds,



Avoid blue lights
by turning off
phone/tablet.



Something else



Try journalling any
thoughts to help free up
brain space.



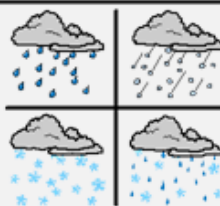
Focus on calming
breathing techniques.



Try to meditate or pray.



listen to relaxation music



Listen to white noise or
rainfalls



Write a to do list for the
next day to free up brain
space.

