HOW TO IMPROVE YOUR SLEEP HYGEINE

Quick Tips in association with www.good-thinking.uk

Getting a good night's sleep has many benefits for your health and wellbeing – it helps to lower stress, improve concentration and reduce the risk of many medical conditions, including heart disease and diabetes.

Below you will find links to resources to help you regulate your sleep cycle. Some of these are provided by our partner Good Thinking (www.good-thinking.uk), others are from reputable sources including the NHS and MIND.

SLEEP HYGIENE TIPS

https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/
https://www.headspace.com/sleep/sleep-hygiene
http://healthysleep.med.harvard.edu/healthy/getting/overcoming/tips

USEFUL APPS

Be Mindful (free and NHS approved)
https://www.good-thinking.uk/resources/be-mindful/
https://www.good-thinking.uk/resources/meditainment/
https://www.good-thinking.uk/resources/tomo/

SLEEP AND COVID-19

https://www.good-thinking.uk/coronavirus/how-to/get-enough-sleep/
https://www.good-thinking.uk/coronavirus/how-to/five-ways-good-mental-wellbeing/

SLEEP SELF ASSESSMENT

Check your sleep with this handy self-assessment tools from Good Thinking, which provides digital mental health services for London and beyond:
 https://www.good-thinking.uk/sleep-deprived/

SLEEP DIARIES AND WORKSHEETS

https://www.nhs.uk/livewell/insomnia/documents/sleepdiary.pdf
https://www.anxietycanada.com/sites/default/files/SleepDiary.pdf

SLEEP AND MENTAL HEALTH

The sun can get pretty bad after typhoons or heavy rains. Sunscreen can help not only volunteers who will be out for long periods of time, but especially people who have been displaced from their homes.

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Instagram: @lovooutreach
Facebook: @lovocic
Email: hello@lovo.org.ukulele
Website: www.lovo.org.uk

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