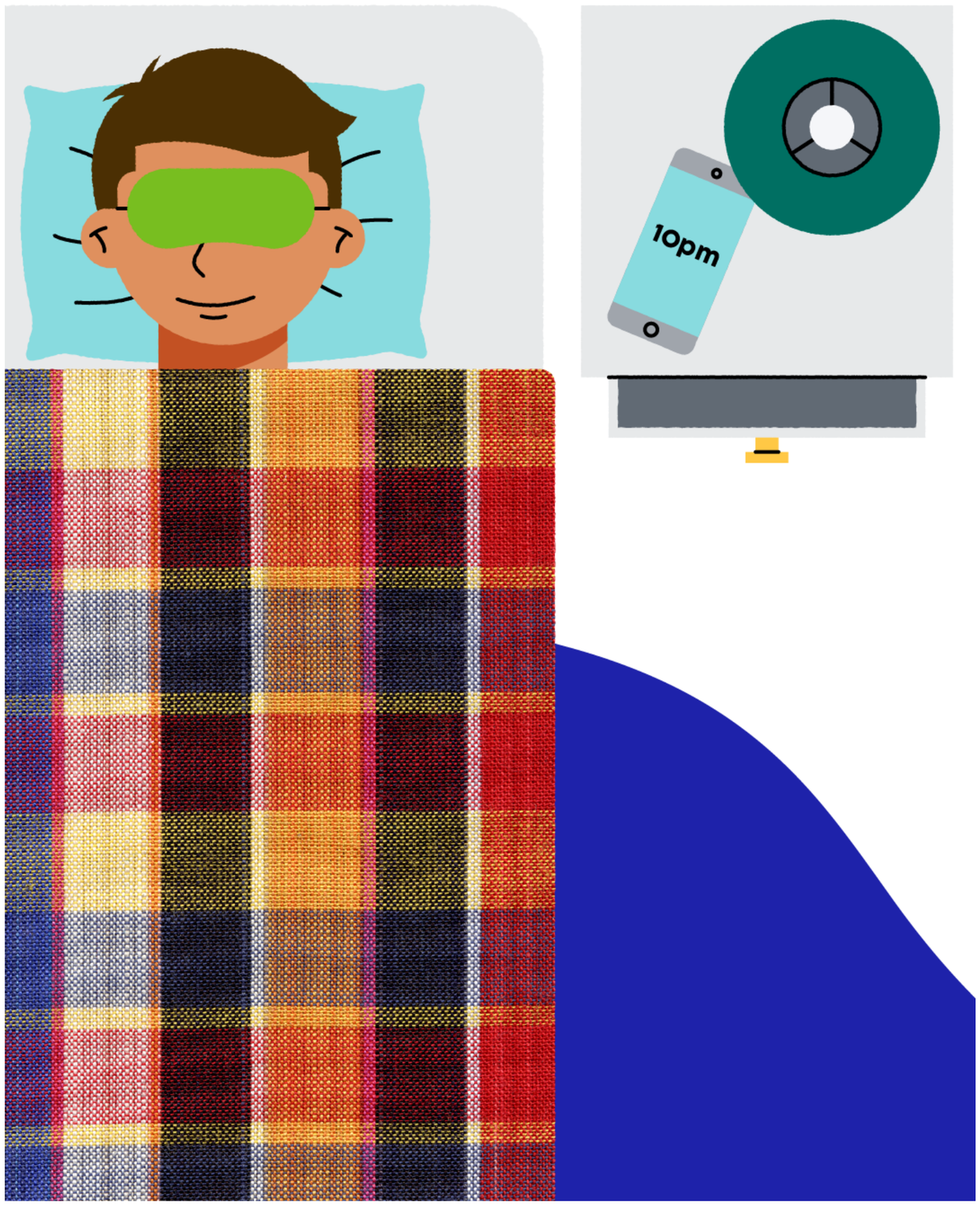
Tips for a healthy headspace

headspace
Wollongong

6. get enough sleep



Sleep is good for our wellbeing.

Getting the right amount of sleep:

- gives me more energy
- is good for memory, attention and concentration
- makes me less likely to crave extra snacks
- helps me cope better when things get tough

Try:

- sticking with a sleep routine: Go to bed and wake up at the same time as much as possible
- aiming for at least 8 hours of sleep a night
- switching off from electronics 30-60 mins before bed
- avoiding caffeine-based drinks in the evenings.