



**In-person and Online
Counselling Support, UK.**

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Gentle Tips for Sleep

Notice - What you eat and drink. Sugar, Caffeine, and Alcohol can hinder sleep.

Breathe - Slow breaths in through your nose and out through your mouth.

Comfort - Making the area you sleep cool, dark and quiet can support sleep.

Plan - Your day by doing worrying tasks earlier and relaxing ones later in the day.

Check for causes - See a GP if illness, pain or problems disturb sleep.

Talk - To someone you trust about how you feel or things that worry you.

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