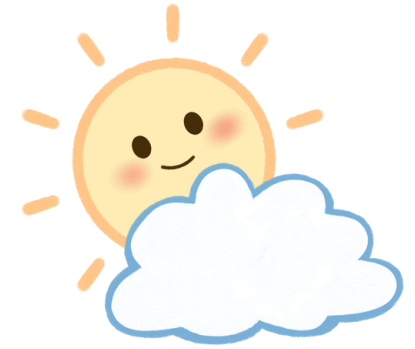


Always Sleepy? Try these.

Morning Boost

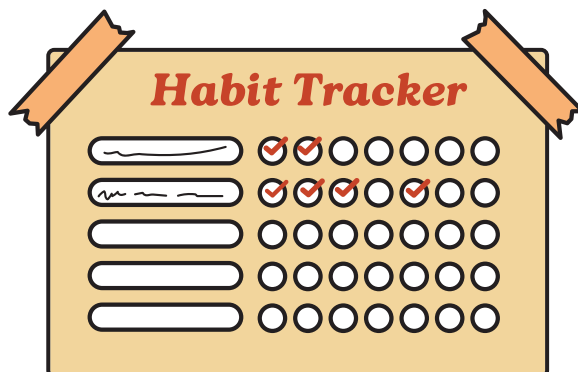


Get outside within 30–60 minutes of waking up

☀️ Natural daylight helps wake up your brain and regulate your body clock.

Challenge: Can you do this for 10 minutes today?

Tip: Try to keep a track of how many days you stick this in week e.g. healthy habit tracker. For example, if you do it everyday, reward yourself!





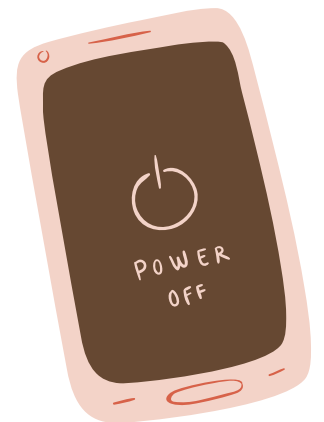
Phone Down

Scrolling before bed keeps your brain awake.

Try putting your phone away 30-60 mins before sleep.

Easy mode: If you must have your phone on try to keep it audio only as this is stimulating e.g. audio book or podcast.

Hard mode: Or try a screenless activity like colouring, jigsaw or music.



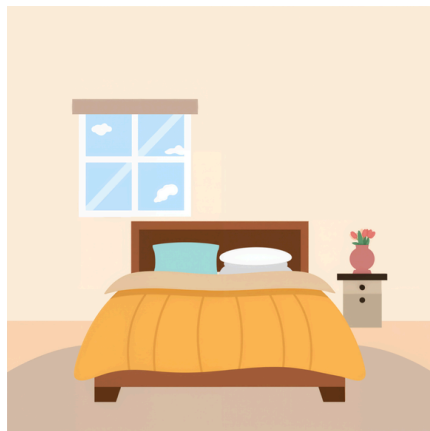
Prepping the Environment



- Keep your bedroom cool, dark & quiet.



- Avoid caffeine within 6-8 hrs of bedtime.



- Tidy clutter away to help you mind feel calmer for rest.

Keep a Consistent Sleep Schedule

Go to bed and wake up at the same time everyday

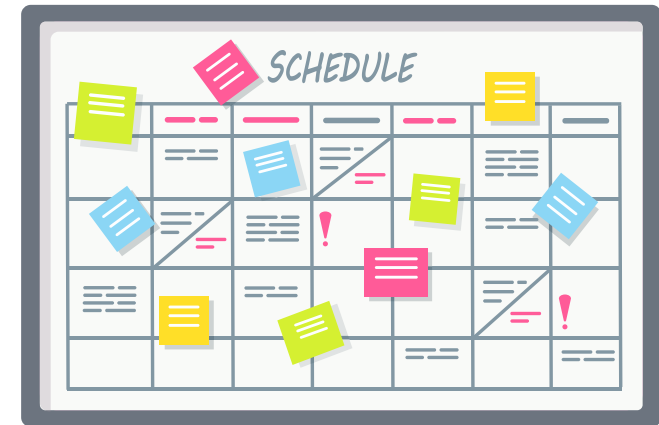


Avoid catch up sleep as this shifts your schedule



Manage Daytime Sleepiness

Schedule demanding tasks during times you're most alert.



Take regular movement breaks.



Exercise Regularly

- Aim for moderate physical activity most days of the week
- Helps improve overall sleep quality & energy
- Avoid vigorous exercise close to bedtime as it can make it harder to fall asleep.

