BUT I'M NOT TIRED...

- The amount of sleep needed is different for everyone. Stop counting the hours

- Good quality sleep is important. Remember you can have 10 hours of disrupted sleep that leaves you feeling exhausted

- You need enough sleep to wake feeling refreshed the next day

- Stop comparing your sleep to others

- Focus on how you feel the next day

- Ditch any gadgets that you use to track sleep. They are not accurate and can make you feel anxious. This is not ideal at bedtime!

- Go to bed only when you feel tired. You cannot force sleep.

- You need to build a positive relationship with sleep and your bed. If you are in bed wide awake it can become a place where you watch TV, scroll through social media and worry. These are not the associations we want to create

- If you can't sleep, get up! Do something relaxing and return to bed when you feel tired

For more information and advice, visit The Sleep Charity at **thesleepcharity.org.uk** or contact us on **info@thesleepcharity.org.uk**