the Sleep Charity

ADVICE SHEET

# Focus...Ford focus on sleep!

**If you've seen the ADHD sketch, you'll know what we mean, if not Google it!**

Our minds are busy which can be a superpower (and curse) by day but definitely a curse by night.

## Here are some tips to help

**Don't take your worries to bed.** Make a to do list for the next day

**Have a pen and paper by the bed.** If anything comes into your mind that you feel you need to remember, jot it down. Tell yourself 'this is to deal with when I wake'

**Meditation has been shown to lower cortisol levels.** Download an app like Calm to try

**Focus on your breathing.** Breathe in to the count of 7 and out to the count of 11

**Play with thoughts that come into your mind.** For example, you can give them names. Here is 'Nattering Nelly' or 'Billy the Bully'. Adding silly voices to them can stop you from taking them seriously too

Remind yourself that your thoughts are like junk mail coming through your letter box or into your email inbox. You know they are there but **you don't go and read them all!**

**Imagine your thoughts floating away** like bubbles

the national sleep helpline **03303 530 541**

**For more information visit**
**thesleepcharity.org.uk**