

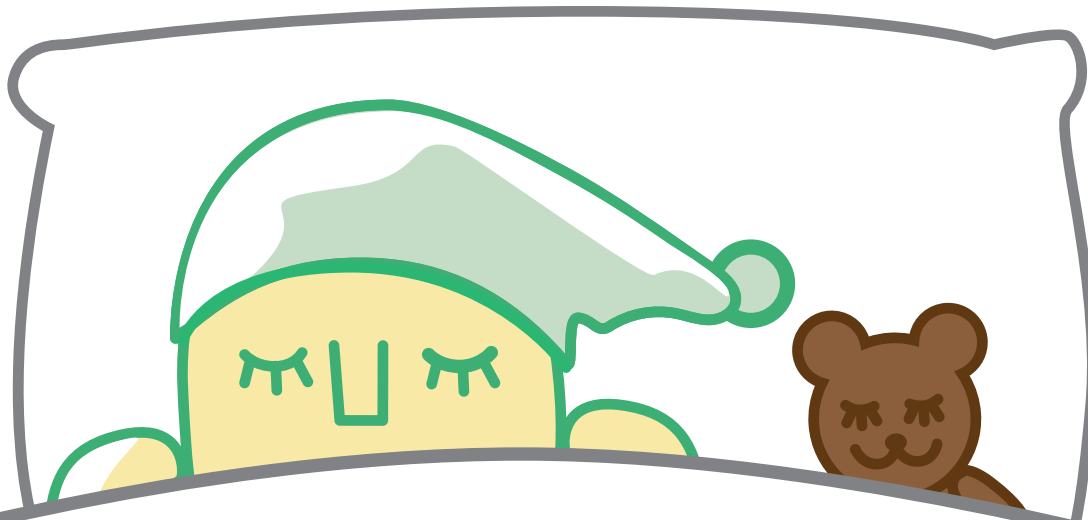


Distressed by Sleeping Difficulties?

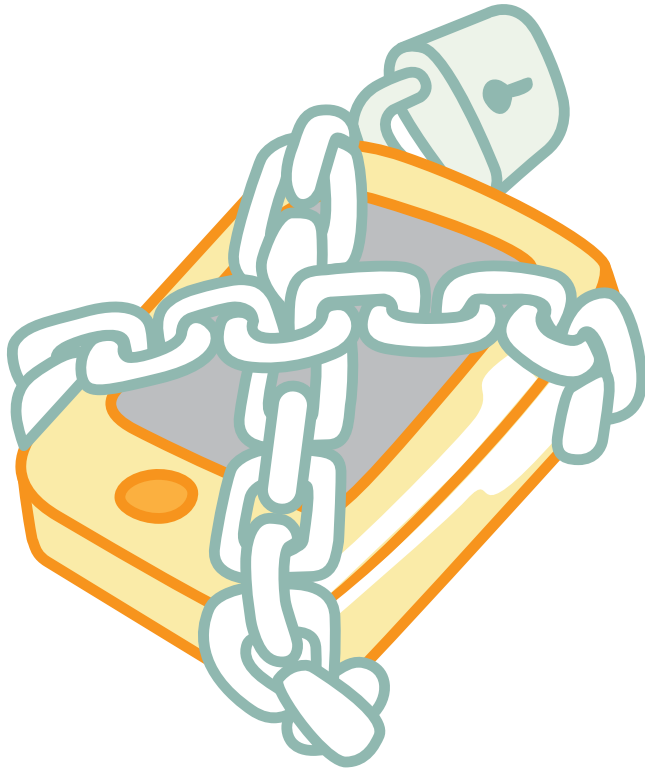


Cope
Together

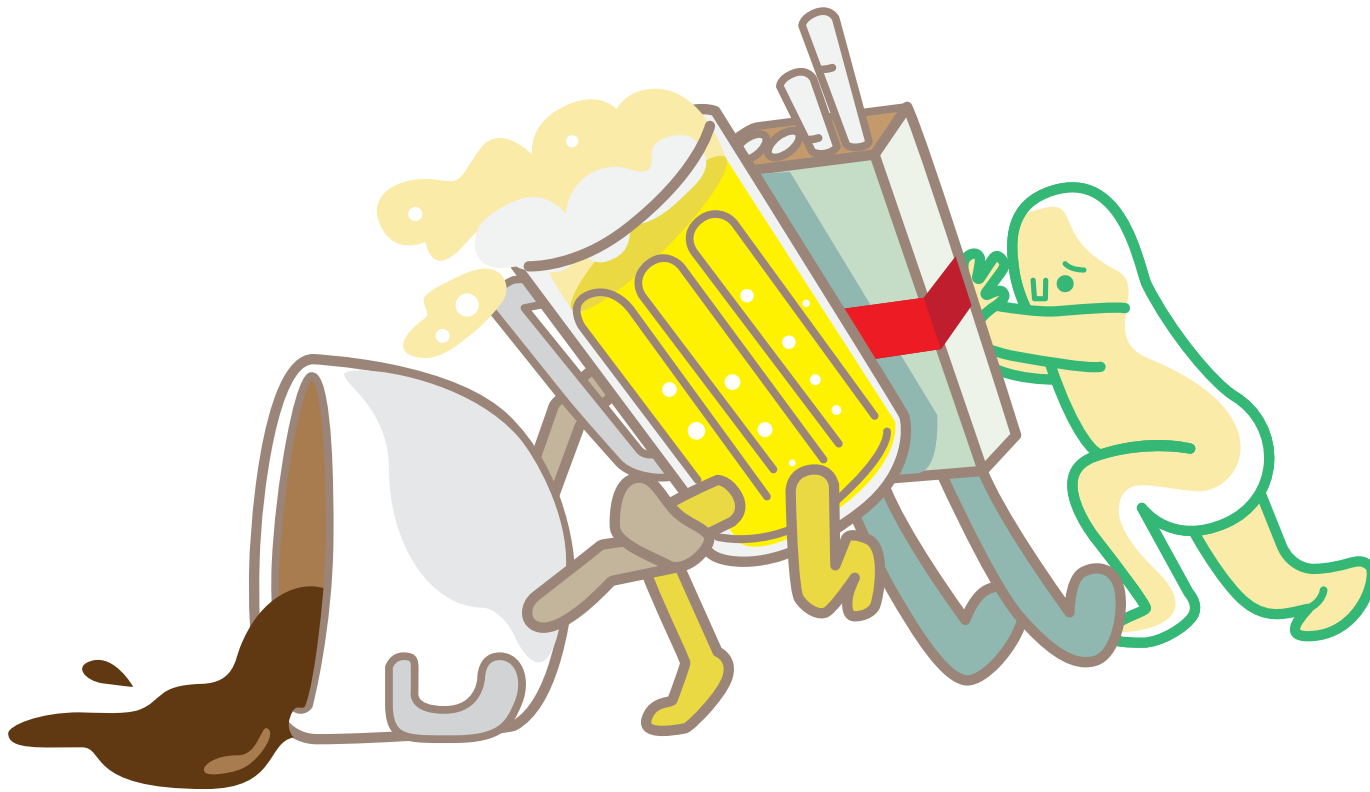




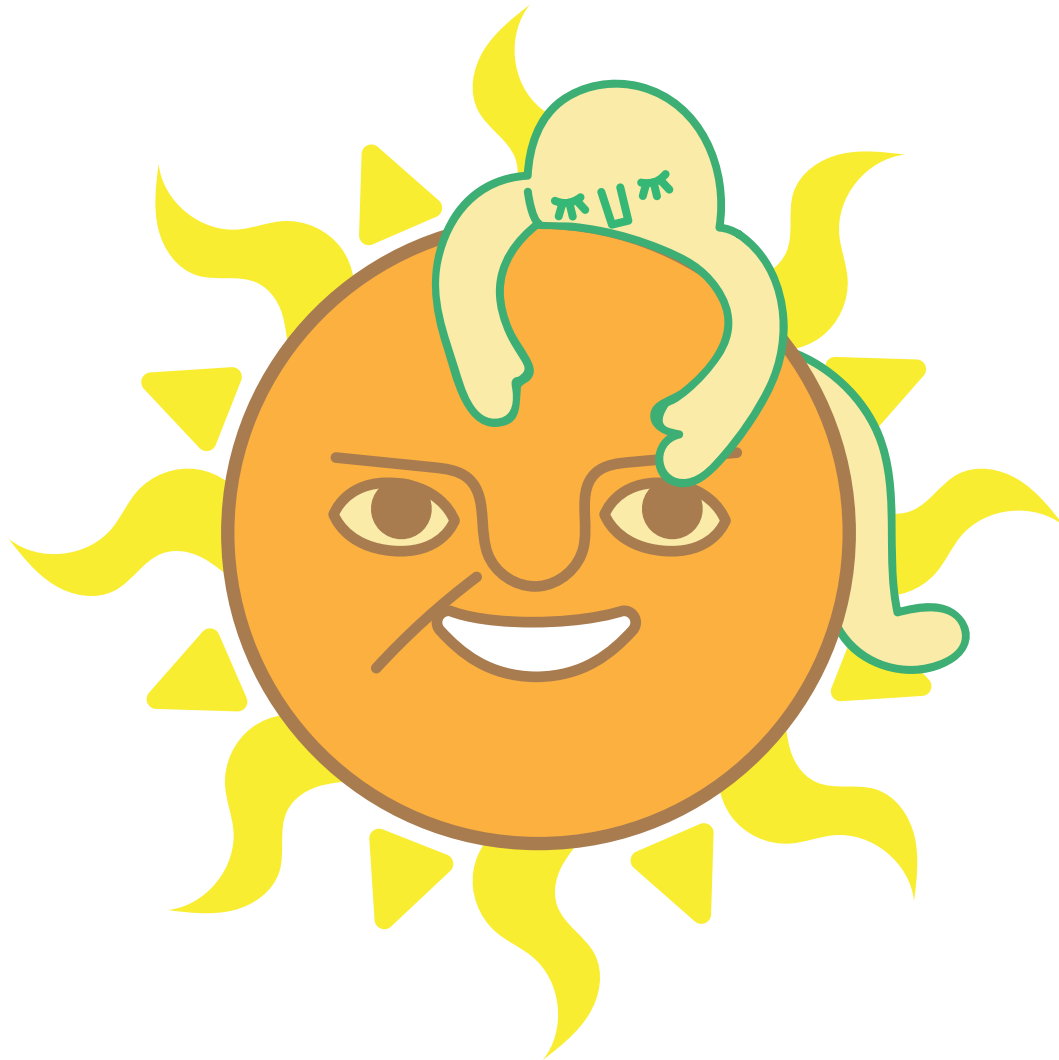
Other than having a comfortable sleep environment (e.g. a dark and quiet room with a good pillow), there are some ways you can try to improve your sleep quality!



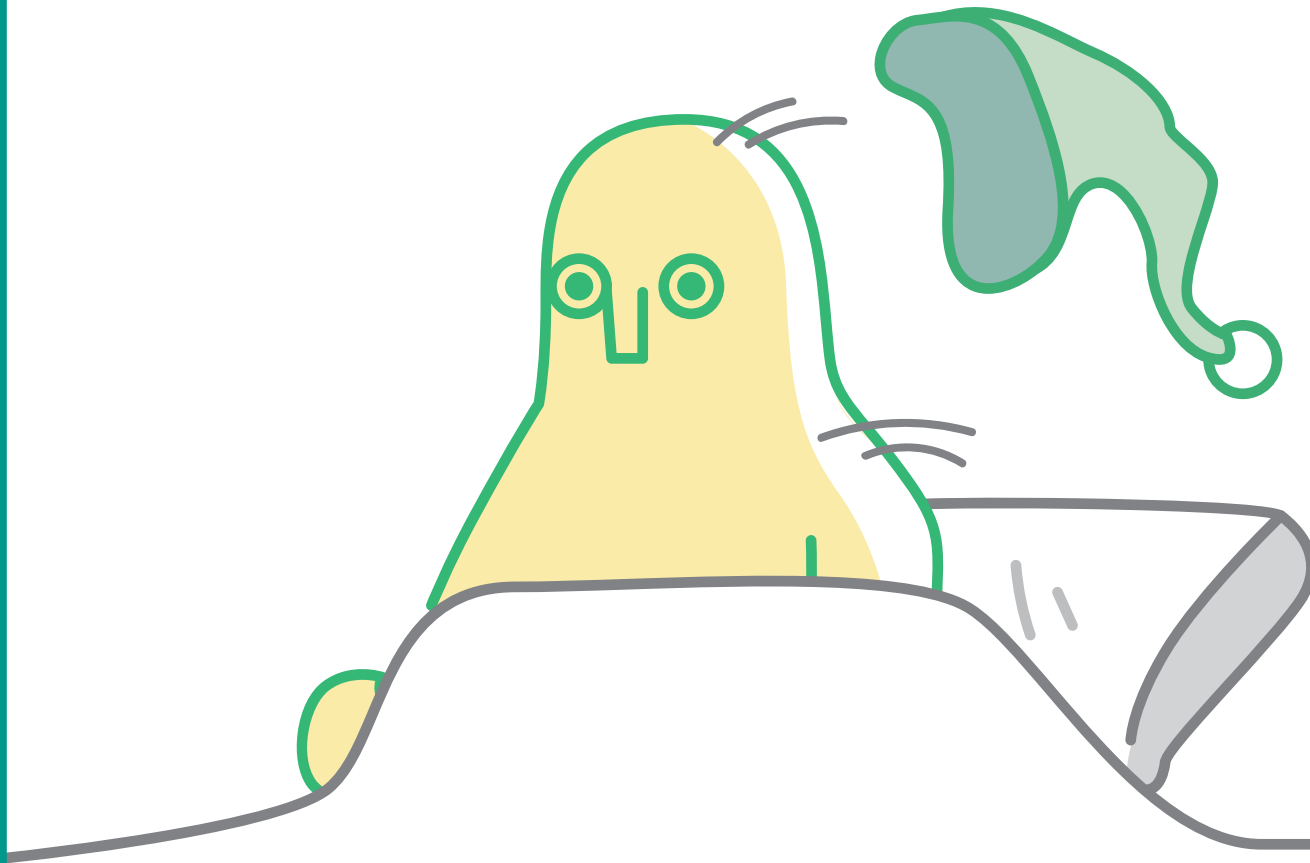
Avoid activities that make your brain active before sleep, such as reading, using your phones and scrolling on social media.



Reduce the intake of caffeine,
alcohol and tobacco.



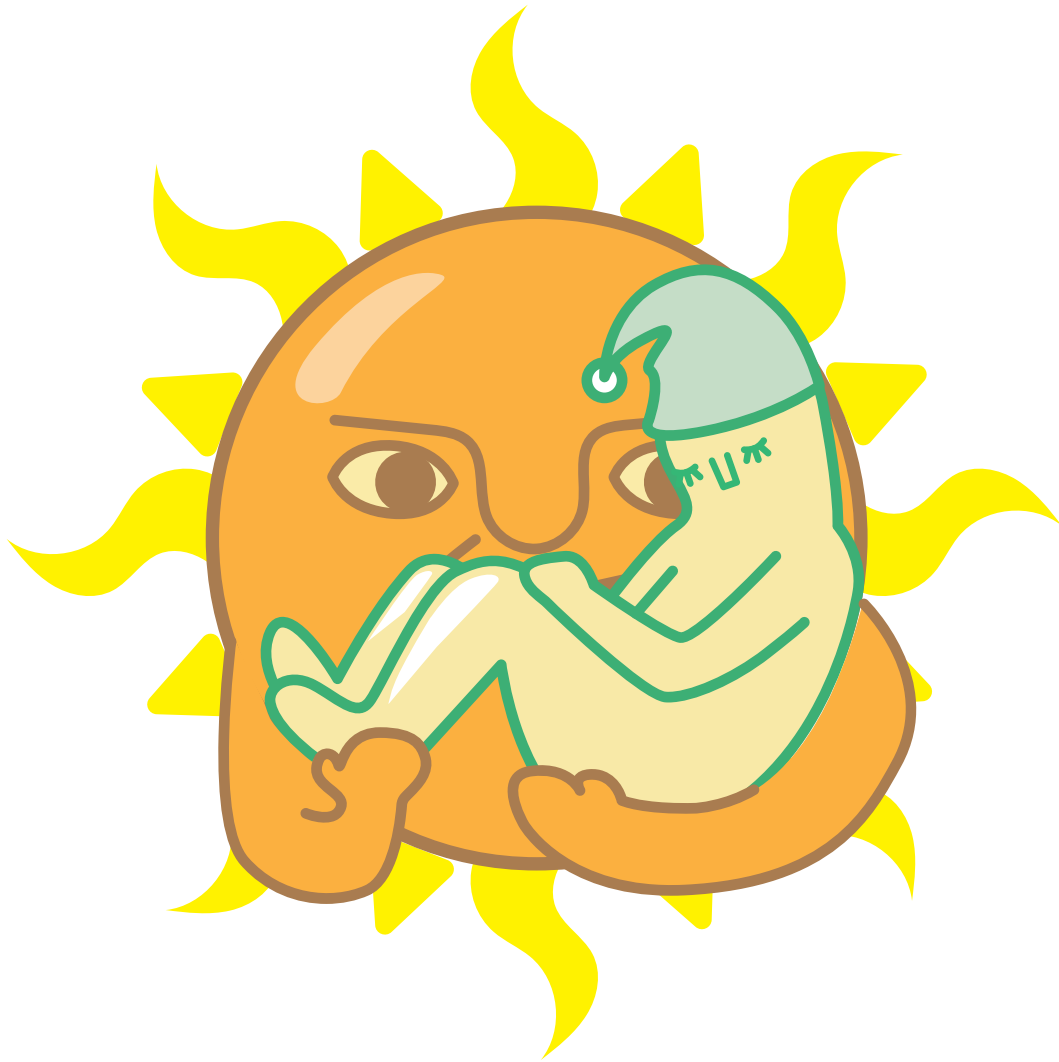
Get more exposure to
sunlight.



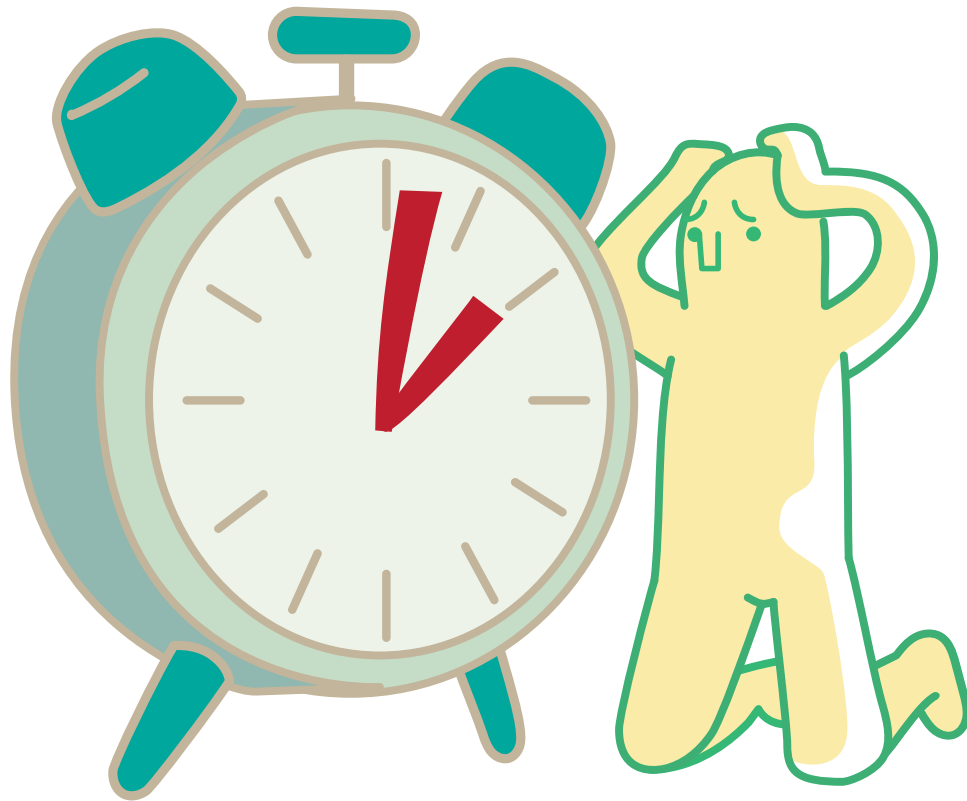
**Reduce stay-in-bed time.
Leave your bed if you cannot
sleep after 20 minutes.**



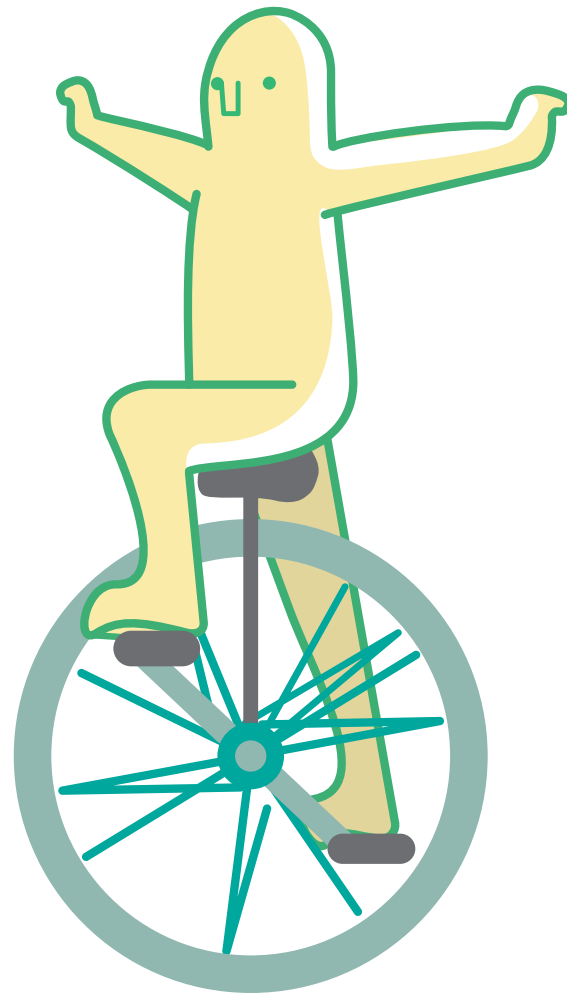
Avoid going to bed with a full or empty stomach.



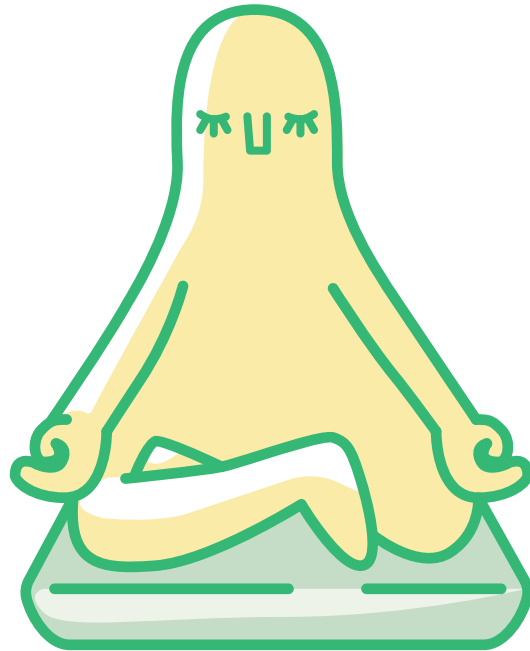
Avoid taking naps during the day.



**Put away the alarm clock.
Constantly looking at it and
calculating how much time
you have left for sleeping
only make you more anxious.**



Get into a habit of regular exercise.



Try some relaxation exercises, such as mindfulness practices, diaphragmatic breathing, progressive muscle relaxation, etc.



Adequate and quality of sleep is an important part of our health. If your sleep difficulties persist, seek help from professionals to identify the cause. Please contact CEDARS-CoPE or UHS, we are here to help!

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