



SONA

# The SLEEP Expansion

The favourite for most parents – because we've all wished for a good night's sleep at one point. But why is sleep so important, and how can you improve it?

# SLEEP

## WEEK 3 – WHAT’S BEEN GOOD?

### What’s been good?

Write at least 5 things down from this past week which have gone well, anything that’s good. Remember big or small it all counts, as do times when you coped well with something. Please feel free to share them in the Facebook group too, it’s great to see all the positivity.



# SLEEP

## WEEK 3 – EVENING RITUALS

### **What can you add to your evening ritual?**

What can you do in the evening before bed to improve your sleep? Can you go to bed early, set a go to bed alarm, read before bed, yoga, taking time to choose an outfit for tomorrow that fills you with joy? ... The options are endless! They don't need to be big things. Maybe even taking time to wash your face before bed with help you feel more relaxed. Listening to your MP3 is a great one too, of course! If you need more suggestions ask in the Facebook group.

I'd like you to take one of these things, something manageable and positive and commit to adding it in this week.



# SLEEP

## WEEK 3 – MORNING CHEER!

### **How can you bring more joy into your morning?**

Similar to the last question, what would make your morning more positive? What would make it easier for you to get up and have a good start to the day? For some there's planning and preparing the night before. For me, I get up earlier, make a coffee and take it back to bed. It's such a small thing, but it gives me the feeling of time, space, luxury. Then when my alarm goes off, I don't feel like I'm suddenly getting up. This works for me, but you need to find what works for you. It can be anything! If you need some suggestions come and ask in the group again.

