

SLEEP TIPS for exam times

- Don't worry if you're not sleeping – worry makes sleep problems worse – and you can cope with surprisingly small amounts of sleep
- Avoid alcohol, caffeine, and large amounts of sugar during the evening
- Avoid naps during the day, and get up at a regular time each day
- Get at least a half hour of brisk exercise every day if possible
- Wind down an hour before bed – have a hot shower/bath, do light reading, put any worries onto paper and work out solutions for 'pressing' worries or leave your problems on paper until the morning
- Don't watch the clock – focus your mind on relaxed images