TIPS FOR A GOOD NIGHT'S SLEEP

1

TRY TO ESTABLISH A CONSISTENT SLEEP ROUTINE

2

AVOID HIGH CARBOHYDRATE FOODS BEFORE BED

3

LIMIT YOUR SCREEN EXPOSURE FOR AN HOUR OR TWO BEFORE BED

4

AVOID CAFFEINATED OR SUGARY DRINKS

5

TRY SOME RELAXATION ACTIVITIES OR MEDITATION

6

CREATE A COMFORTABLE & COSY SLEEPING ENVIRONMENT

EnFold
Supporting the Autistic Community