

Healthy Sleep



Sleep looks different to everyone, and depends on your **body, mind, life circumstances** and **culture**. Healthy sleep isn't about perfection – it's about generally getting enough rest, feeling restored during the day, and trusting your body's natural rhythms and includes:



Being able to fall and stay asleep fairly easily

Getting enough sleep for what your body requires

Feeling refreshed, alert and ready for the day

Not overly relying on medications, alcohol or distractions (like screens) to sleep

Overall, feeling satisfied with the quality of your sleep

Do you struggle with any of the above?

There are proven, practical ways that can improve your sleep and wellbeing. These approaches can help you feel more refreshed, focused and physically well, while also easing stress, worry and low mood. Book a consult for targeted support tailored to your needs.