



Maggie's COACHING TIP



Sleep Better, Cope Better

Better sleep. Better resilience.

Alcohol might help you fall asleep at first, but it disrupts deep, restorative sleep. Poor sleep increases stress and makes emotions harder to manage.

Protect your sleep. Protect your mind.



WHY IT MATTERS

Alcohol reduces REM sleep and wakes you up during the night. Over time, this can affect your mood, focus, energy and mental health.



Good sleep helps your brain regulate emotions and build resilience.



TIPS TO IMPROVE SLEEP NATURALLY



KEEP A CONSISTENT ROUTINE

Go to bed and wake up at the same time every day, even at weekends. Your body loves rhythm.



WIND DOWN WITHOUT SCREENS

Blue light from phones, tablets and TVs can keep your brain awake. Try 30–60 minutes screen-free.



CREATE A CALM BEDTIME RITUAL

Read, listen to relaxing music, stretch or try mindfulness. Signal to your body that it's time to rest.



SUPPORT YOUR BODY

Herbal tea, magnesium, warm shower or breathing exercises can help you relax and prepare for sleep.



MAKE YOUR SLEEP SPACE WORK FOR YOU

Cool, dark, quiet and comfortable. Keep it for sleep and rest, not work or worry.



REDUCE ALCOHOL, ESPECIALLY AT NIGHT

Try earlier cut-off times or alcohol-free days. Your sleep (and mood) will thank you.



GET DAYLIGHT & MOVE YOUR BODY

Natural light in the morning and regular movement improve sleep quality at night.



OFFLOAD YOUR MIND

Write down worries or tasks before bed. It helps your brain let go.



WHAT THE PROFESSIONALS SAY

The NHS says that improving sleep is one of the most effective ways to support your mental health. Reducing alcohol intake, keeping a routine and practising relaxation techniques can all improve sleep quality and emotional wellbeing.

Professional support is about understanding, not blaming.



MAGGIE'S COACHING TIP

*"Sleep is not a luxury,
it's the foundation
of your wellbeing.
Small changes now,
big difference later."*

♡ Maggie

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*"The curious paradox is that when I accept myself just as I am,
then I can change."*

— Carl R. Rogers



*With love,
Maggie*



Be kind to yourself. You're doing the best you can with what you know.

You don't have to do this alone.

