

WCHS WELLNESS CENTRE

MENTAL HEALTH MATTERS

NOVEMBER EDITION

HAVING TROUBLE SLEEPING?



- Free your room from distractions
- Don't drink coffee or sweet drinks at least 5 hours before going to sleep.
- Exercise regularly.
- Too many thoughts? Write them down in a journal.
- If you can't sleep, don't force it.
- If your insomnia is affecting your daily life, consult a medical professional.

