

The Magic of Sleep

Written and illustrated by
Vicky Woodgate



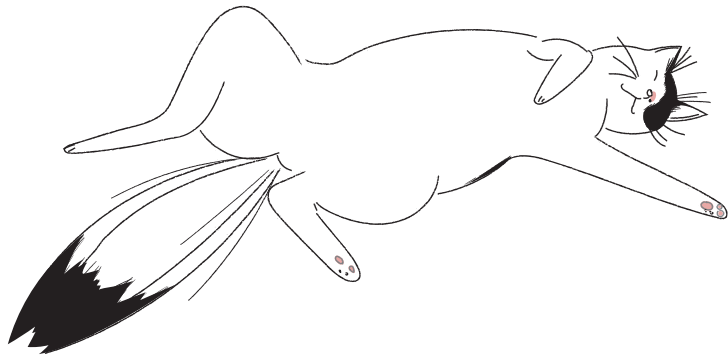
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Getting a good night sleep can make you feel **AMAZING**, it helps our bodies repair, makes you more clever **AND** helps your mental wellbeing.

The best way to get good sleep is to create a **ROUTINE**, here are some suggestions you can follow.

Give it a go!

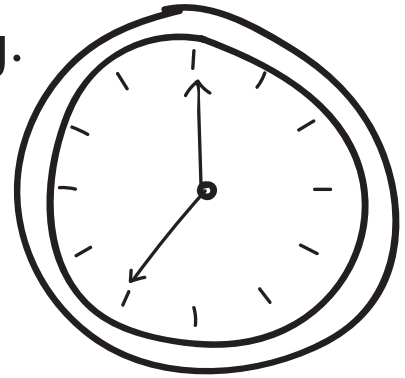


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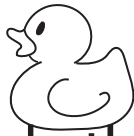
Suggestions to add to your sleep routine

1. Get up at the same time every day.



2. Make your bed every morning.

3. Dim lights in the evening - maybe use a lamp?



4. Have a warm bath

5. Stop looking at screens 1 hour before bed - put away phones, ipads, computers and tv... this can be **REALLY HARD** - but it **REALLY** helps!

6. Read a book in bed and listen to some calm music.

7. Do some meditation or calm breathing.

8. Lights out at the same time each night!
You can **DO IT!**

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Draw your favourite thing in your bedroom



SLEEP ROUTINE CHART

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	Wake up time	Make your bed	Warm bath	Stop looking at screens	read or listen to music	Meditation and breathing	Lights out time
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							

PUT ME ON YOUR WALL

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