

## **SLEEP**

Sleep difficulties are extremely common. Typically one in four people describe various difficulties involving struggling to get off to sleep, frequent waking during the night and waking too early in the morning. This can be extremely frustrating and can

Imagine your mind is like a roller coaster and that you have brake to slow the cart down and navigate the bends and loops more gently.

Listening to mindfulness meditation or guided relaxation podcasts before going to bed can help – check out the self-help links on our website.

Having an iPod to hand with soothing music/sleep APPS can be helpful.

Avoid clock watching. Turn the clock away from you and set the alarm to wake yourself the next day.

### **Other Resources:**

Please visit our website for full details of other resources relevant to sleep including:

- our self-help links on sleep
- our iCan workshop programme

You can approach the University Counselling Service to book an appointment to discuss your needs further by contacting us on 01248 388520 or by e-mail [counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk)

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