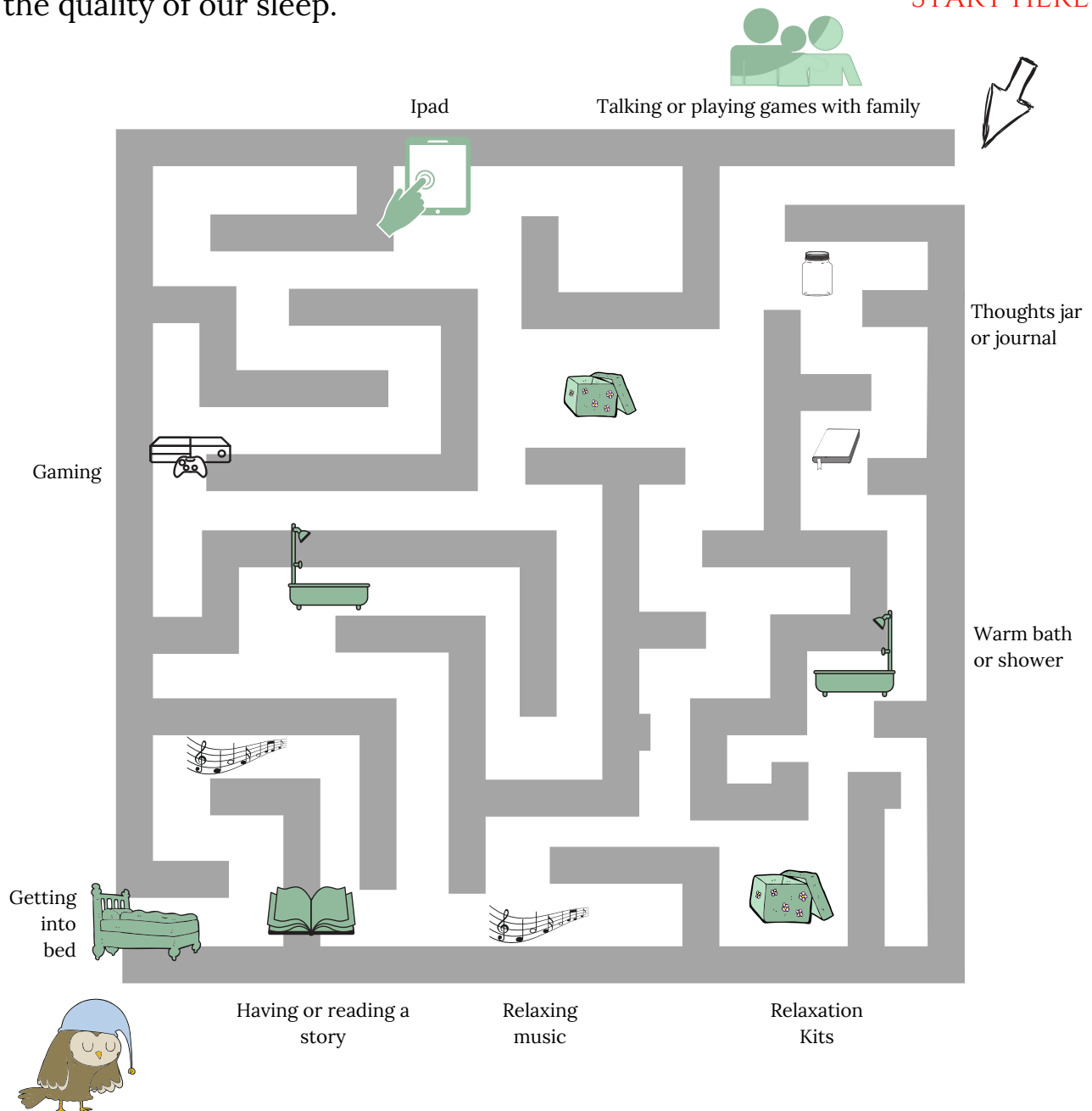


GOLDEN HOUR MAZE

Getting to sleep can sometimes feel hard, taking time to explore the 'Golden Hour' is a good way to get your body ready to relax and sleep. Screens can stop us from getting to sleep but they also impact the quality of our sleep.



START HERE



Follow the golden hour maze an hour before bedtime. Our brains usually need about 20 minutes each night of laying down with our thoughts before going to sleep, so don't worry if it takes a while to drop off. It can take 3 weeks for a new routine to start to work, so be patient and don't give up! What things from the path to sleep do you like to do? You don't have to do all of these things, they are ideas that help us to sleep better.