Mental Health Foundation

Five principles for good sleep health

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Value

Value our sleep as something crucial to our lives, and take our sleep seriously

Prioritise

Prioritise our sleep by putting sleep first when making choices about what we want to do

Personalise

Personalise our sleep by finding the 'sleep window' that works best for us

Trust

Trust that sleep is a natural process and that our sleep will get itself into a good pattern

Protect

Protect our sleep by avoiding or preventing things that can upset it