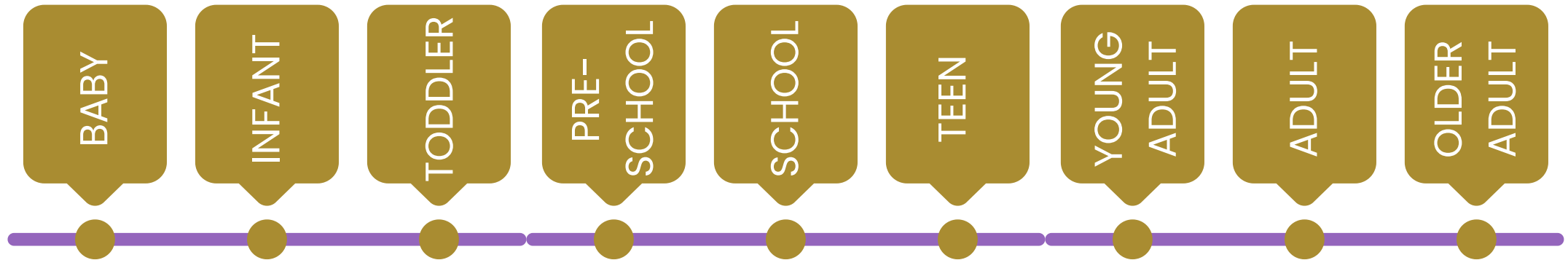


Chronotypes

LION	BEAR	WOLF	DOLPHIN
			

Sleep Stages in Life



Carers Sleep Solutions Toolkit

*You have two hands, one to help yourself and one to help others”
Audrey Hepburn*

Ways to Replenish your Energy

Quick Fixes

Longer Term Plans

People you can call upon for support	
Morning	
Afternoon/Evening	

Finding Time for You

Mon	Tue	Weds	Thur	Fri	Sat	Sun

