

CHRONOTYPES

LION



BEAR



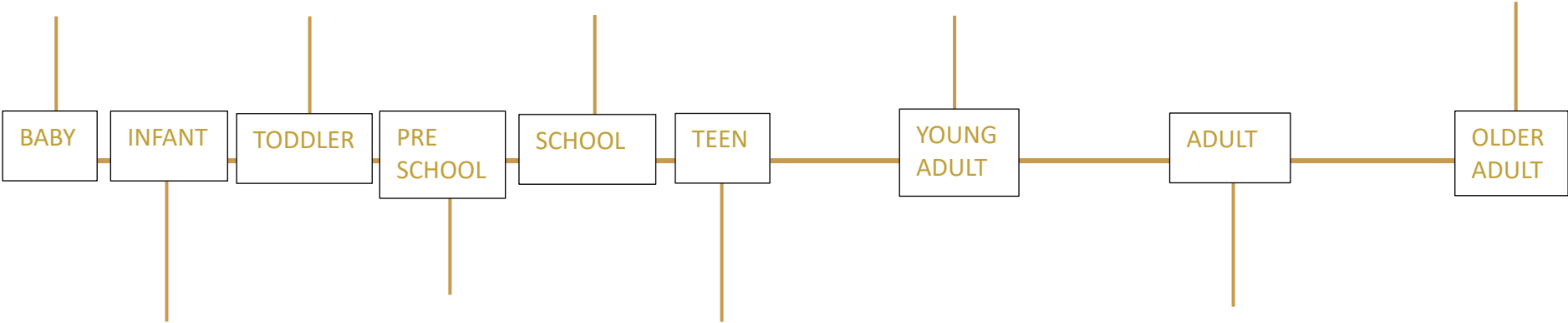
WOLF



DOLPHIN



Sleep stages in Life



Carers Sleep Solutions Toolkit

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

People you can call upon for support

MORNING

AFTERNOON/ EVENING

Ways to replenish your energy

QUICK FIXES

LONGER TERM PLANS

Finding time for you

MON TUES WED THUR FRI SAT SUN