

SLEEP HYGIENE

Obtaining healthy sleep is important for both physical and mental health, improving productivity and overall quality of life.

Optimizing your sleep schedule, pre-bed routine, and daily routines is part of harnessing habits to make quality sleep feel more automatic



**Thursday 16 June 2022
1pm to 3pm, on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first by calling: 01372 375400, text 07929 024722, or email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing