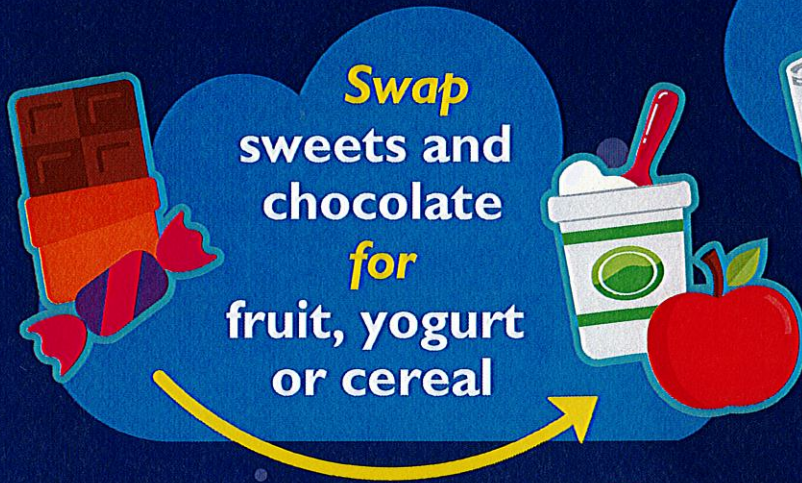


# Super Sleep Swaps

Sleep lets your brain and body rest, helps you to grow and feel happy and healthy. Can you try some of these swaps to help you get a good night's sleep?

**Swap**  
sweets and  
chocolate  
**for**  
fruit, yogurt  
or cereal



**Swap**  
sugary drinks  
**for**  
water  
or milk



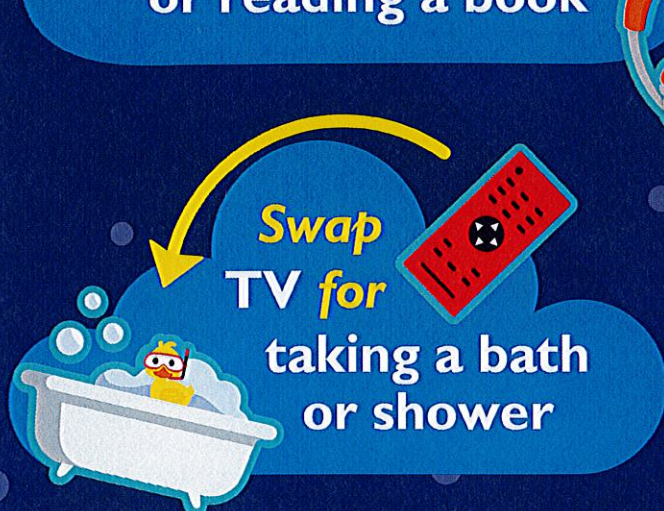
**Swap**  
video games  
**for**  
playing  
outside



**Swap**  
social media  
**for**  
listening to music  
or reading a book



**Swap**  
TV  
**for**  
taking a bath  
or shower



**Swap**  
bright lights  
**for**  
night lights or a  
dark bedroom



Find out more at:

[www.york.gov.uk/SleepAdvice](http://www.york.gov.uk/SleepAdvice)