

# 8 HOURS SLEEP MAKE THE OTHER 16 EASIER

Getting a good night's sleep as often as you can is proven to have a positive impact on how you feel.



#littlethings can make a big difference

**We all feel better after a good sleep, and even better if we do it regularly. Keep this card somewhere to remind you to get the 7 or 8 hours a night that we all need.**

We all go through tough times. When we do, little things can make a big difference to how we feel.

Keep active

Talk about how you feel

Do things with others

Eat healthily

Stay in touch

Drink less alcohol

Look out for others

Sleep well

Find the little things that work for you.



Foirdicannacht na Seirbhíse Sláinte  
Health Service Executive

116 123

SAMARITANS

[yourmentalhealth.ie](https://yourmentalhealth.ie)

#littlethings