

Post-Webinar Resource Sheet

for: Better Sleep for Better Days

Thank you again for joining Thrive Talking Webinar!

Please read through this post-webinar handout to learn more about the resources available!

Why is this topic important?

- Good sleep supports concentration, mood regulation, & health.
- Poor sleep hygiene can contribute to anxiety & low mood.
- Consistent sleep routines at home improve overall wellbeing.

Resources:

Podcasts/Talks:

TED Talk: "Sleep is Your Superpower" – Matthew Walker

"How to Sleep Better" – Huberman Lab (episode on sleep toolkit)

Organisations:

<https://thesleepcharity.org.uk/>

www.nhs/how-to-fall-asleep-faster/

<https://www.sleepfoundation.org/>



Books:

- **All You Need Is Rest** – Mita Mistry (Acupuncturist, Mindfulness Based Cognitive Therapist and Author, Columnist)
- **Say Good Night to Insomnia** – Gregory H. Miller

Support & Helplines:

- **Samaritans (UK):** samaritans.org | ☎ 116 123 – Free, 24/7 emotional support.
- **SHOUT Mental Health Text Line:** giveusashout.org | 📱 Text "SHOUT" to 85258

