

Did you know all Scottish adults can get

Free Access to Daylight

the solution for anxiety and worry



Start today, visit:

trydaylight.com/nhs



Tired of worrying?

Start the New Year by learning how to take back control from feelings of worry and anxiety

trydaylight.com/nhs



What's Your Anxiety Type?



Take 2 minutes to learn what may be driving challenging feelings, and how to overcome them:

trydaylight.com/nhs





You Can Get Better Sleep in 2023

Don't spend another night tossing and turning this year! Discover your sleep score and learn how to get better sleep.

Find out more at:

sleepio.com/nhs

Sleepio

NHS
SCOTLAND



Menopause and Sleep

Undisturbed sleep during menopause may only seem like a dream, but with Sleepio you can learn simple and effective strategies that can help you sleep better while your body learns a new balance

Find out more and how to get started at:

sleepio.com/nhs

Sleepio

NHS
SCOTLAND



Sunday 30th October

The clocks may change, but
your sleep doesn't have to suffer

Discover your Sleep Score:

sleepio.com/nhs

Sleepio

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Too tired to read this?

There are plenty of things that feel much harder if you're not getting enough sleep. Reading is one of them, so we'll keep this short.

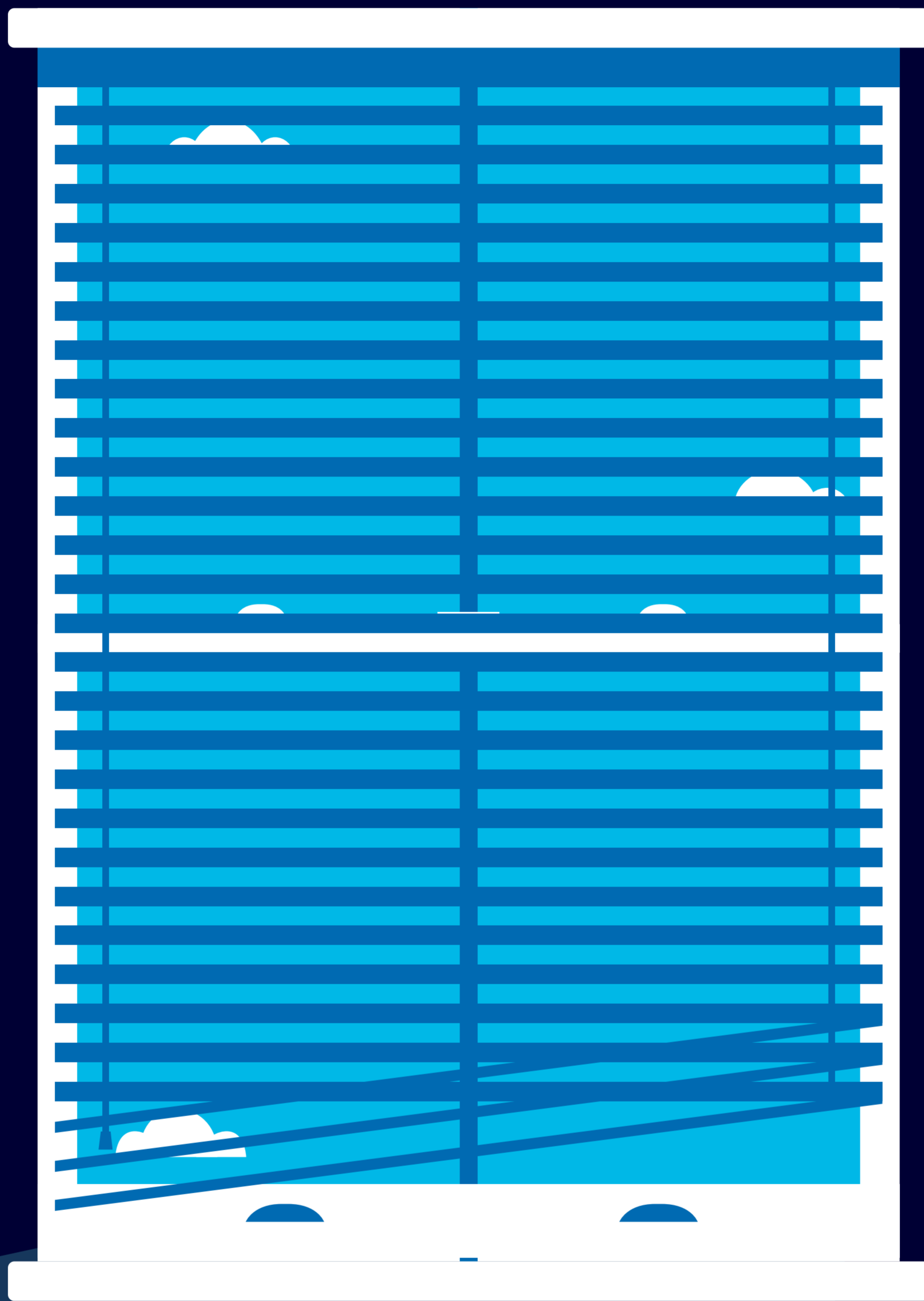
Take the 2-minute sleep test to learn how you could sleep better:

sleepio.com/nhs

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Working the night shift?



Sleepio can help you sleep better
regardless of your work schedule

Discover your Sleep Score and how to improve it:

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Stay Healthy This Flu Season



Poor sleep weakens your immune system.
Discover your Sleep Score and how to improve it today:

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