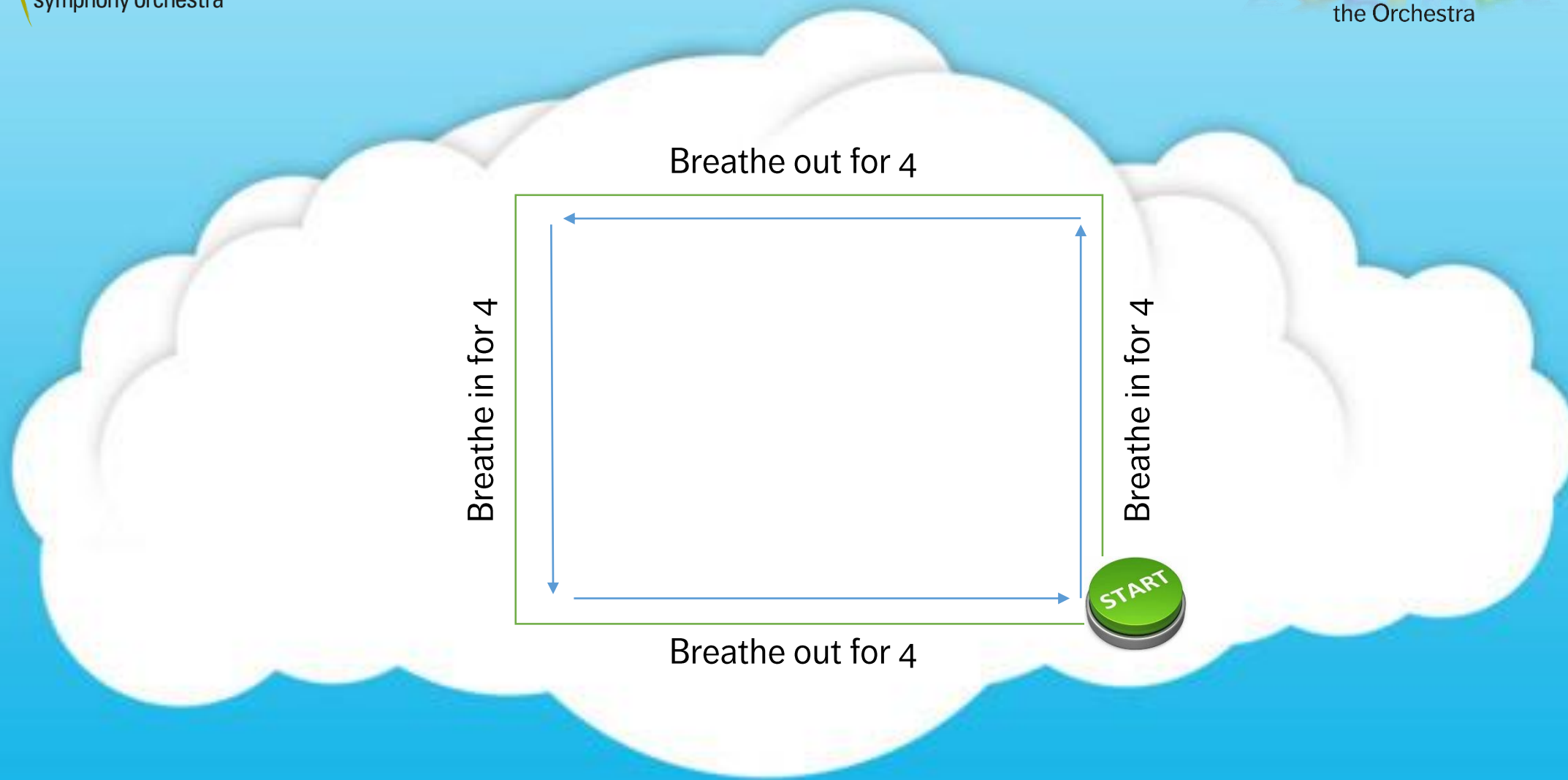


Breathing Exercise



Sometimes it is really hard to settle and get to sleep! But taking control of your breathing can really help. Try the above activity and repeat as many times as necessary to make you feel calm and relaxed.