



# Reap the rewards of deep sleep



Tired of waking up on the wrong side of the bed? A night of interrupted rest can lead to a range of problems in the short or long term.

Whether you are an early bird or a night owl, our selection of sleep stories and sleep-aiding tips will help you rest easy. Welcome to the dream team!

## Sleep stories



### Wander through wondrous woodlands

Visualise blooming bushes, fragrant flowers and the crooning creatures while you fall into fantasy.

[Listen to the story](#)



### Train your brain into slumber: all aboard!

Embark on a sleepy voyage on board the dream train, as you pass by charming countryside.

[Listen to the story](#)

## Regulate your rest



### Steer your mind into super snoozing

See nine tips on improving your sleep such as avoiding caffeine or digital distractions.

[See the tip](#)



### Sleep soundly and stress less

Read about how good or bad sleep can affect your day-to-day life.

[See the tip](#)

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