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How to rest properly when routines disappear

You can be off work and still never stop. Here's how to recharge when summer scrambles your routine.





Your brain rests on cues, not clocks.

Later nights, new places, children at home, plans that shift by the hour. When the usual rhythm disappears, the mind loses its signals for winding down. That is why you can feel tired all day and still wired at night.





Keep one thing the same.

A regular wake time. The same small wind-down before bed, wherever you are. One familiar anchor, kept through the last weeks of summer, tells your brain it is safe to switch off.



Rest in shifts, not in silence.

If you are sharing the holidays with children, take turns. One person covers the early start while the other sleeps. Swap. An hour that is fully yours restores more than an evening spent half on duty.

**Rest counts even when it doesn't
look like sleep.**





Tired doesn't have to be the whole summer.

Contact **HealthHero** today for more
support and advice.

We're with you every step of the way.