

USEFUL LINKS

Headway provide a section on their website regarding coronavirus and coping with associated difficulties.

<https://www.headway.org.uk/supporting-you/coronavirus/>

Headway provide a section on their website about managing fatigue.

<https://www.headway.org.uk/about-brain-injury/individuals/effects-of-brain-injury/fatigue/>

The NHS website provides advice on sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>