

**Free mindfulness sessions: delivered by Anne Costello:  
Mon 7pm-8pm, Tuesdays 3pm-4pm & Friday 10am-11am: book through  
[www.aware-ni.org](http://www.aware-ni.org)**

Free meditations on website: [www.anne@annecostellomindfulness.com](http://www.anne@annecostellomindfulness.com)

**Books, apps and websites on Mindfulness & Sleep.**

**Books:**

Full Catastrophe Living by Jon Kabat-Zinn.

The Power of Now by Eckhart Tolle.

The Mindful Path to Self - Compassion by Christopher K Germer.

A practical Way to Finding Peace in a Frantic World: Mark Williams and Danny Penman.

Wherever You Go There You Are by Jon Kabat Zinn.

Real Happiness at Work by Sharon Salzberg.

**Apps:** Insight Timer and Headspace

**Audio books:** [www.audible.co.uk](http://www.audible.co.uk)

**Website:** [mind.org.uk](http://mind.org.uk)

[www.awareni.org](http://www.awareni.org)

**Mindfulness resources for Children:**

<https://mindfulnessinschools.org> project is offering free daily online mindfulness sit together

<https://mindfulnessinschools.org> [misp sit](https://misp.org) together

<https://childmind.org>

**Sleep support: Books:**

Matthew Walker: Why We Sleep (audible [www.audible.co.uk](http://www.audible.co.uk))

Mindfulness and Sleep: Anna Black

A Good Night's Sleep: The Harvard Medical School Guide

Sleep Cycle alarm clock.

App: Calm - Meditate Sleep Relax.

<https://www.sleepfoundation.org>



[www.annecostellomindfulness.com](http://www.annecostellomindfulness.com)

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