

# Practicing a Bedtime Routine

## YOUR ROUTINE SHOULD INCLUDE...

### A TIME TO UNPLUG

Research recommends shutting off electronics at least an hour before bed to help with your best sleep. While we may think screen time is relaxing, using electronic devices before bed delays your body's natural circadian rhythm.

### PREPARATION FOR THE FOLLOWING DAY

If you get in the habit of preparing for the following day the night before, you can save time each day. Something as simple as picking out your clothes, packing your lunch, or creating a to-do list can go a long way.

### A RELAXING ACTIVITY

Unwind with a favorite activity. Perhaps you want to stretch for 15-20 minutes, read a chapter from a book, or take a warm bath. If you need a less time consuming activity, you can sit and breathe deeply for a minute while engaging in mindfulness practice or write down three things you are grateful for.

### CHOOSE A BEDTIME

Having a set time in mind of when you will go to bed can help you better structure your evenings. You'll also want to try and go to bed at the same time each night-yes even on weekends! Having a bedtime is one of the best ways to help train your body to sleep better.

### Things to keep in Mind...

**Simple:** Your routine doesn't have to be elaborate, it just has to provide you with some structure and help you prepare yourself for bed.

**Realistic:** If you go to bed at midnight every night right now, creating an 8pm bedtime is probably not realistic. The more doable your routine is, the more likely you are to do it.

**Sustainable:** Aim to make your routine something that you enjoy and fits nicely into your daily life. The most important part is that it's something you can stick to long-term.

YOU WILL UNPLUG AT:

YOU WILL PREPARE FOR THE NEXT DAY BY:

YOU WILL UNWIND BY :

YOU WILL HIT THE HAY AT :

Your Bedtime Routine

