

1. Sleep: Morning Routine Example

Establishing a morning routine promotes a refreshing start to the day. Remember to get some sunlight in the first few hours after waking up as it regulates the body's clock and boosts serotonin. Incorporate some form of exercise into your morning routine as physical activity can promote better sleep. In See example below.

Activity	L.	
wake up same time each morning.		
open bedroom drapes, make bed (important!).		
wash face, change into exercise clothes		
5 minutes of light stretching and calm breathing.		
8:00 am Sit out in the garden with a cup of hot water		
with a slice of lemon, mint or ginger		
Healthy breakfast		
Go for my morning 30min walk in the sunshine		
Plan my day - outline tasks for the day.		
	wake up same time each morning. open bedroom drapes, make bed (important!). wash face, change into exercise clothes 5 minutes of light stretching and calm breathing. Sit out in the garden with a cup of hot water with a slice of lemon, mint or ginger Healthy breakfast Go for my morning 30min walk in the sunshine	



1. Sleep: Your Morning Routine

Write out your morning routine by starting with the time you wake up. Remember, the key is consistency. Over time, a well-established morning routine can contribute to better sleep quality and overall well-being.

Time	Activity	