

1. Sleep: Evening Routine Example

A relaxing pre-sleep routine can signal to your body that it's time to wind down. Dim the lights, listen to music, have a hot bath, read or write in a journal. If you struggle getting to sleep have a longer wind-down time—setting a reminder alarm can be helpful. See example below.

Гіте	Activity
8:30pm	Wind down with some light TV entertainment -
	nothing too suspenseful or dramatic.
1:30pm	Stop watching TV & other electronic devices
o pm	change into PJ's and brush teeth.
10:30 pm	close the bedroom drapes. Dim the lights,
	put on some relaxing music and read my book.
	unplug from electronic devices
II PM	5 min. breathing exercise, a few stretches
	Lights out.



1. Sleep: Your Evening Routine

Write out your evening routine by starting with your wind-down time until when your head hits the pillow. Once you get into a good consistent routine you'll be setting yourself up for a better quality sleep every night.

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Time	Activity