

BEDTIME CHECKLIST

Give yourself 20-40 minutes to complete these tasks each evening.
Allow time at the end of your day to attend to each of these activities.

Building new habits takes thought, time and effort. Consider these practices a part of your self-care. Check off which activities you do most consistently. These will be the activities that form your bedtime routine.

1 Prepare Your Mind

One Hour Before Bed:

- Turn off all screens and put them away from your sleeping area
- Prepare your clothes for the morning
- Write down any thoughts, ideas, or to-do lists for the next day
- Take 5-10 minutes to meditate, listen to music, or other activity that will suggest to your brain that you are winding down

2 Prepare Your Space

- Dim your house lights
- Turn down your sheets and fluff your pillows
- Have your sleep mask, earplugs ready
- Open a window/ turn on a gentle fan (cooler temperatures can help with sleep)
- Close your blackout curtains/shades

3 Prepare Your Body

- Do some easy stretches or yoga for 10-15 minutes
- Have a warm drink (chamomile or sleepy time tea) or glass of water
- Take a shower or bath
- Read a book for 15-20 minutes
- Practice breathing exercises
(eg. box breathing: inhale for a count of 4, hold for 4, exhale for 4 and hold for 4)

STAY CONNECTED FOR MORE RESOURCES!