

# Evening Routine

Before you begin your routine, it's important that you set a bedtime and wake-up time. Aim to get to bed at about the same time each night. Getting up at the same time each day can also help you keep a regular bedtime. Remember to choose times that are realistic for you and that give you 7-9 hours of sleep every night.

## 1-2 Hours Before Bed

**Stop Work, Turn Off Devices, and Stay Away From the Bedroom.** Stop any work-related tasks and turn off your electronics including the computer, iPad, and smart-phone. Keep the bedroom for sleep. Remove work-related items, TVs, or other electronic devices. Keep the room simple and uncluttered.

**Dim the Lights.** Keep your lights as low as you can, or even use candles. Darkness before bed will do amazing things for your natural sleepiness.

**Practice at Least One Soothing Activity.** Read a book, journal, color, listen to light music, or spend time in prayer or meditation. If you like to take a warm bath or shower in the evening, do so at least one hour before bed so that your body is in the cooling-down phase at bedtime.

## 5-30 Minutes Before Bed

**Be a Big Kid.** Just like when you were a kid, your body loves a bedtime routine. Drink warm milk, brush teeth, go to the bathroom, get in bed, read a short bedtime story, then lights off. Create your own routine and make it pleasurable.

## Bedtime!

**Be on Time, But Flexible.** Go to bed when you're sleepy—but not before. It's alright if that means you're a bit late for bedtime. You want to associate being in bed with sleeping, not lying there restlessly trying to get to sleep.

**Sleep on Your Side.** Research shows that you breathe easier and sleep better on your side.