

Evening Routine

A Sample Pre-Sleep Routine

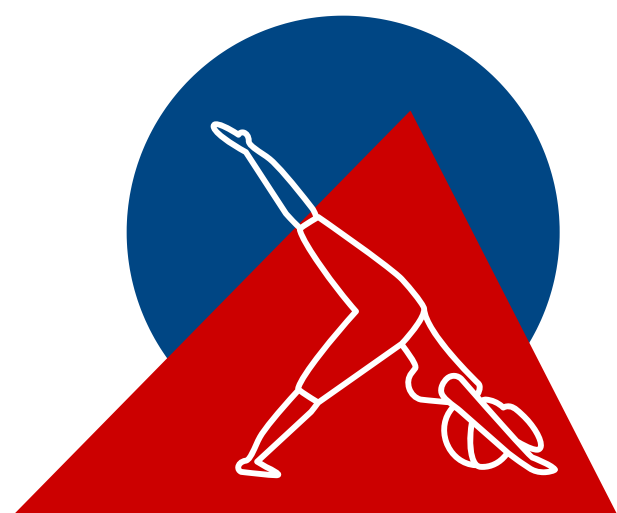


Eat

TIME: _____

2 - 3 hours before bed

Schedule a time for dinner. Leverage dinner time as an opportunity to connect with family or share meaningful time.



Prepare

TIME: _____

1 hour before bed

- Shut off all devices.
- Place devices outside of the bed.
- Set ideal temperature for sleep:
60 - 67°F for adults
65 - 70°F for babies, toddlers, small children

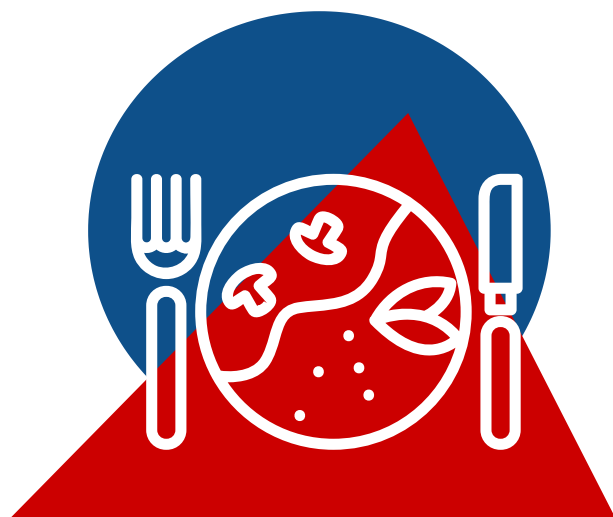


Clear

TIME: _____

15 minutes before ending workday

At the end of your work day, create a list of tasks for the next day. Leave the list in a location that is associated with work.



Relax

TIME: _____

1-2 hours before bed

- Take a warm bath or shower.
- Read an enjoyable book.
- Prepare and sip relaxing tea.
- Gentle stretching, yoga or relaxing walk.



Sleep

TIME: _____

Strive to achieve 7-9 hours of sleep in a comfortable and completely dark room.

Happy Sleeping!