Bedtime Routine

Sticking to a routine and going to bed at the same time every night can improve your sleep! Identify some activities you find relaxing, then come up with a new routine.

- Journal
- Take a hot shower or bath
- Do a guided meditation
- Body scan
- Listen to calming music
- Use essential oils
- Read
- Calming yoga
- Deep breathing
- Color
- Deep breathing exercises
- Play with my pet
- Use a sound machine
- Practice gratitude
- Stretch
- Do cross word puzzles/word searches
- Drink hot tea
- Other calming activities :

★ Other ways to improve sleep:

Plan Your Routine

Time	Activity
Ex: 8:00pm	Ex: Brush Teeth
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____