My wind-down routine

Plan the last hour before bed.

Name _____ Date _____

You cannot go from full speed to asleep. A wind-down routine tells your body that the day is finished. Aim for the last 45 to 60 minutes before bed, in the same order each night.

Ideas

- [ ] Dim the lights
- [ ] Put the phone away
- [ ] Lay out things for tomorrow
- [ ] Write tomorrow's list
- [ ] Wash, or have a warm shower
- [ ] Read something light
- [ ] Listen to calm music or a podcast
- [ ] Gentle stretches
- [ ] Slow breathing
- [ ] A warm, caffeine-free drink

Time	What I will do

What I will stop doing in the last hour

What would get in the way, and what I will do about it

Night	Did my wind-down	Sleepy at bedtime? (0 to 10)
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

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