Bedtime Routine Checklist

You are not alone. Everyone has to sleep, but according to CDC, more than one third of American adults are not getting sufficient sleep (sleeping less than seven hours daily). Certainly, sleep varies from person to person and so do schedules. It is necessary to give real thought as to what will really work for you in order to aid in getting the 7-9 hours of sleep per night that is needed for optimal sleep and decreased chronic health conditions (Harvard School of Public Health).

# room space Ideas

[ ]  Find a dedicated place for your phone/electronics that are out of reach from your bed

[ ]  Ensure the lighting or lack thereof (blackout curtains), it up to your standards in your room

[ ]  Determine the desired temperature and items needed for maximum comfort (fans, blankets, etc.)

[ ]  Reduce disruptive noises (utilize white noise machine or sound machine)

[ ]  Plan a caffeine cut-off time, as it can take upwards of 10 hours to be fully out of your system

[ ]  Integrate essential oils to aid in relaxation

[ ]  Remove clutter

# Create Your own Personalized Plan [ex include: take a bath, read, journal, mediate, etc.]

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# Making it work

[ ]  Structure your day. Set a routine that begins 30-45min prior to bedtime and stick to it

[ ]  Switch off at the end of the day. Do not be tempted to check your email after the working day has finished.

[ ]  Give yourself grace, it takes time to create a routine and stick to it

[ ]  Feel free to add/remove things as needed to ensure comfort and success