

CREATING YOUR SLEEP ROUTINE



START ROUTINE

1 to 2 hours before bedtime



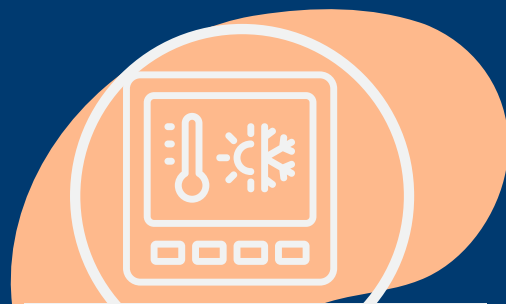
Set an alarm to start your night routine
Try and make this consistent each night



Have a light and healthy meal
Something that is easily digested, and if you need a little extra, try fruit instead of icecream



Listen to music or podcast
Listen to a playlist or podcast to settle your mind and wind down



Lower the temp
Cool your room to 15°-21°. Sleep quality improves when we have a cooler environment to sleep in



CLEAR YOUR HEAD

40 minutes before bedtime



Wash away the stress
Have a hot shower or bath to help speed up the temperature lowering process



Say goodnight to tech
Switch off your phone, laptop and TV. These stop our body producing melatonin



Write a to-do list
Have a hot shower or bath to help speed up the temperature lowering process



Put pen to paper
Journalling and gratitudes help reduce negative thoughts and improve mental health

RELAX YOUR SENSES

Just before bedtime



Relax your body
Stretch, roll, breathe! Release the stress from the day



Have something warm
Wind down with a cup of chamomile or peppermint tea



Try something different
Try diffusing some essential oils or put a couple of drops on your pillow



SLEEP TIGHT!