




My Bedtime Countdown




Start your bedtime routine at the same time every evening, weekends included. By creating a regular habit your brain will soon associate these activities with sleep time.


Checklist


- Have a light snack such as a banana or a soothing herbal infusion
- Take a warm bath or shower and change into comfortable nightwear
- Write down any worries or thoughts that might be on your mind
- Replace technology with relaxing music or light reading
- Practice, meditation, mindfulness or relaxation as you close your eyes

 Clear your mind by writing down any worries that you can take care of tomorrow

- _____
- _____
- _____
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 Make sure your bedroom isn't too hot. An ambient temperature of around 18°C is ideal for healthy sleep. If cold feet keep you awake, wear socks or rest your feet on a hot water bottle.

 Instead of counting sheep, think of a song/book title for each letter of the alphabet ('A' is for 'Animal Farm', 'B' is for 'Black Beauty'). You should be asleep well before you reach Z.

 Notes

