SLEEP WELL

Better sleep. Without counting sheep.

Daytime - Set up

Sleep isn't just about nighttime habits. Your daytime routine also helps to improve your sleep. Improve yours by getting up at the same time each day, having a strong routine, being active and outdoors during the day, avoiding napping and alcohol, and practicing mindfulness.

What will you do to improve your routine and set yourself up for better sleep?

Evening - Power down

To get ready for sleep, it's important to power down both your mind and body. Create a calming routine that includes activities to help you relax and unwind. Consider going screen-free, skipping alcohol, planning for the next day, practicing mindfulness, taking a shower, reading, and listening to music. By following these steps, you can signal to your brain and body that it's almost time to rest.

Design your own power down routine here:

In bed - Sleep mode

When it's time for bed, activate your sleep mode. Consider your sleep environment and find ways to transition your mind and body from wakefulness to drowsiness. Avoid worrying about sleep or constantly checking the time, as these actions can keep your brain active.

How will you activate your sleep mode tonight?

2 weeks. Start now!

SET UP

- Use an alarm.
- Walk/run.
- Move my body.
- Plan social activity.
- Clean bedroom.
- Make the bed.
- Avoid naps
- Go outside..
- Drink water.
- Limit caffeine.
- Limit alcohol.
- Be active.
- Be in nature.
- Practice mindfulness..
- 10 slow breaths.
- Stretch.
- Tune in to senses.
- Notice 5 things.
- Box breathing.

SLEEP MODE

- Darkness.
- Go phone free.
- Not too hot/cold.
- Eyes closed.
- Hug a pillow.
- Let thoughts go.
- Focus on the breath.
- Heavy body.
- Muscle relaxation.
- Don't check the time.
- Aim to relax, not sleep.

POWER DOWN

- Listen to music.
- 10 deep breaths.
- Stretch.
- Prep for morning.
- Move my body.
- Shower/hygiene.
- Drink water.
- Drink tea.
- Phone free time.
- Sit and talk.
- Walk.
- Read.
- TV off before sleep
- What went well.
- To do list.
- Journal.
- Smiling Mind app.
- Prep walking gear.

MAKE IT WORK

- Schedule it in.
- Write it down.
- Say it out loud.
- Start now.
- Smiling Mind app.
- Get off autopilot.
- Get present.
- Be kind to myself.

Launch Psychology