

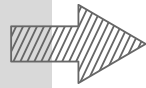
Night Time Routine to Encourage Slumber

Having a night time routine can help you unwind and get a good night sleep.

Don't think you need to do all of these at once if you haven't had a routine before. Start with just one or two items. Choose the ones that make the most sense to you.

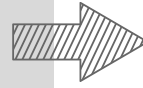
STEP ONE

Review the articles about sleep. Find the items you want to incorporate first.



STEP TWO

Review what you do each day that might create a sleep problem.



STEP THREE

Create a Sleep Oasis.



SLEEP CHECKLIST

- Stop all electronics at least an hour before bed
- Focus on the Sensory Details of Your Routine
- Unwind with a Short Meditation Session
- Relax Your Body
- Reflect on the Day in Your Journal
- Take a Moment to Prepare for the Next Day
- Get to bed at a reasonable time
- Re-read the sleep articles here.

Fall Into Slumber

Make Your Own Night Time Routine to Encourage Sleep