

Create Your Own Bedtime Routine

It's simple really - A good night's sleep starts at bedtime.

It's important to re-establish a bedtime routine to better connect and build attachment with our loved ones while at the same time, promoting proper sleep hygiene for the entire family.

#BringBackBedtime and focus on the importance of the bedtime routine.

Create your own consistent bedtime routine. Include your own activities or use the examples below that work best at allowing your body and mind to relax and quiet down to best prepare you for bedtime. What is your perfect bedtime routine?

_____ 's Bedtime Routine

- 1 Clear the clutter in the bedroom and create a calming and relaxing environment that is conducive to sleep.
- 2 _____ P.M. – Start your tech curfew and turn off your phone, computer, tablet, and TV.
- 3 _____ P.M. to _____ P.M. – Practice your before bedtime routine that may include washing your face, brushing your teeth, and putting on fresh pj's.
- 4 _____ P.M. to _____ P.M. – Begin your quiet bedtime activity that may include reading, colouring, yoga, meditation, and/or taking a bath.
- 5 _____ P.M. to _____ P.M. – Practice mindful activities after turning out the lights including mindful breathing and mindful thoughts to quiet the mind.

