

“How Can I Create Healthier Sleeping Habits?”

Create a “Bedtime Schedule”

*Add structure to your **activities** before bed.*

Start “Bedtime Schedule” at Least Two Hours before Bedtime.

If you want to be asleep by 10:00pm, then start your bedtime schedule at 8:00pm. Starting your bedtime schedule early will give your body time to relax.

What Type of Activities Should You Incorporate in Your Schedule?

Incorporate Several Relaxing Activities/Techniques into your schedule.

Stretch (Yoga Poses)

Bath with Bath Salts

Drink Hot Tea

Turn on White Noise Machine

Start a Gratitude Journal

Listen to Relaxing Music

Smell Essential Oils

Color in Adult Coloring Book

Self-Development, Counseling, and Special Recommendations Center

Light Scented Candles

Read a Chapter of a Book

Stay Consistent

Complete activities at the same time each night. Try using apps, reminders or alarms to help you with being consistent.

Write Your “Bedtime Schedule” Down

- (8:00pm)*** *Light scented candles and take a hot bath while listening to music*
- (8:30pm)*** *Read a chapter of a book, then journal thoughts/feelings about day while drinking hot tea*
- (9:35pm)*** *Complete stretching exercises on floor or in bed. (Yoga Poses)*
- (9:45pm)*** *Turn bedroom light off, lie in bed, put on eye mask and begin to inhale and exhale slowly. Continue breathing exercises until you fall asleep.*

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