

7 DAYS TO BETTER SLEEP

CREATING A BEDTIME ROUTINE



DAY 1

- Take an inventory of your sleeping space. Make sure your space encourages sleep. Clean up clutter and chaos. Is it dedicated to sleep/rest? If you do other things in your bedroom try and move those activities to another space if possible. If not, use your bed only for sleep.
- Decide approximately what time you'll be going to bed and getting up on a daily basis. Even on the weekends!
- Set two alarms on your phone—one to get up and another one two hours before bed to begin preparing for sleep. Use the alarm daily for both waking and bedtime.
- Do a foot soak/bath using Lavender Epsom salts an hour before bedtime.
- Put down and turn off/silence all electronics an hour before the time you want to be asleep.
- Drink some hot decaf tea such as chamomile, sleepy time or lavender.
- Once in bed, lie on your back and inhale deeply through your nose counting to 8, fill your abdomen and release slowly counting to 8. Do this 5 times.

DAY 2

- Is your space ready for sleep?
- new* Use a notebook you have on hand or go and buy one specifically for journaling. Use the prompt “what went right with my day today” to journal in the evening.
- Do a foot soak/bath using Lavender Epsom salts an hour before bedtime.
- Put down and turn off all electronics an hour before the time you want to be asleep.
- Drink some hot decaf tea such as chamomile, sleepy time or lavender.
- Once in bed, lie on your back and inhale deeply through your nose counting to 8, fill your abdomen and release slowly counting to 8. Do this 5 times.

DAY 3

- Is your space ready for sleep?
- Use the prompt “what went right with my day” to journal in the evening.
- new* Write down a to-do list of things you need to remember for tomorrow.
- Do a foot soak/bath using Lavender Epsom salts an hour before bedtime.
- Put down and turn off all electronics an hour before the time you want to be asleep.
- Drink some hot decaf tea such as chamomile, sleepy time or lavender.
- Once in bed, lie on your back and inhale deeply through your nose counting to 8, fill your abdomen and release slowly counting to 8. Do this 6 times.

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DAY 4

- Is your space ready for sleep?
- Use the prompt “what went right with my day” to journal in the evening.
- Write down a to-do list of things you need to remember for tomorrow.
- Do a foot soak/bath using Lavender Epsom salts an hour before bedtime.
- new* Take 10 minutes to stretch your entire body. [Try this yoga video.](#)
- Put down and turn off all electronics an hour before the time you want to be asleep.
- Drink some hot decaf tea such as chamomile, sleepy time or lavender.
- Once in bed, lie on your back and inhale deeply through your nose counting to 8, fill your abdomen and release slowly counting to 8. Do this 7 times.

DAY 5

- Is your space ready for sleep?
- new* Think of three things today that you're grateful for. Say them out loud.
- Use the prompt “what went right with my day” to journal in the evening.
- Do a foot soak/bath using Lavender Epsom salts an hour before bedtime.
- Take 10 minutes to stretch your entire body. [Try this yoga video.](#)
- Put down and turn off all electronics an hour before the time you want to be asleep.
- Drink some hot decaf tea such as chamomile, sleepy time or lavender.
- Once in bed, lie on your back and inhale deeply through your nose counting to 8, fill your abdomen and release slowly counting to 8. Do this 8 times.

DAY 6

- Is your space ready for sleep?
- Think of three things today that you're grateful for different from yesterday. Say them out loud.
- Use the prompt “what went right with my day” to journal in the evening.
- Do a foot soak/bath using Lavender Epsom salts an hour before bedtime.
- Take 10 minutes to stretch your entire body. [Try this yoga video.](#)
- Put down and turn off all electronics an hour before the time you want to be asleep.
- Drink some hot decaf tea such as chamomile, sleepy time or lavender.
- Once in bed, lie on your back and inhale deeply through your nose counting to 8, fill your abdomen and release slowly counting to 8. Do this 9 times.

new After breathing, say the following positive affirmations out loud: I am safe; I am worthy; I am deserving.

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DAY 7

- Is your space ready for sleep?
- Think of three things today that you're grateful for different from yesterday. Say them out loud.
- Use the prompt "what went right with my day" to journal in the evening.
- Do a foot soak/bath using Lavender Epsom salts an hour before bedtime.
- Take 10 minutes to stretch your entire body. [Try this yoga video.](#)
- Put down and turn off all electronics an hour before the time you want to be asleep.
- Drink some hot decaf tea such as chamomile, sleepy time or lavender.
- Once in bed, lie on your back and inhale deeply through your nose counting to 8, fill your abdomen and release slowly counting to 8. Do this 10 times.
- After breathing, say the following positive affirmations out loud: I am safe; I am worthy; I am deserving.

Reflections:

- What worked and what didn't?
- How did I feel in the morning when waking up?
- Was I more energized throughout the day?
- Was this hard?
- Is this a sustainable bedtime routine?
- Do I need to make any changes?

