

60 MINUTE PRE-BEDTIME ROUTINE

Wake Time: _____

Ideal Bed Time: _____

TIME :	Changes to Environment
:	Hygiene & Preparation for Bed
:	Relaxing Activity
:	Meditation Practice

60 MINUTE PRE-BEDTIME ROUTINE (PROTOTYPE)

Wake Time: 05:30

Ideal Bed Time: 22:30

TIME 21:30	Changes to Environment
	Turn off lights in kitchen, dining room, hallways, etc.
	Dim lights in living room and bed rooms
	Close all blinds/curtains
	Turn off television, computers, electronics
	Tidy-up bed and bedroom
	Prep sleeping clothes
	Prep for relaxing activity (get out book, prep meditation area)
21:40	Hygiene / Self-Care
	Floss & brush teeth
	Clean/trim nails & other self-care
	Warm shower
	Post shower self-care (lotion, hair, etc)
	Tidy-up bathroom then lights out
22:00	Relaxing Activity (outside of bed)
	Reading (w/minimal light)
	Jigsaw puzzle
	Journaling
	Listening to relaxing music
	Talk with partner
	Light stretching/yoga
22:20	Meditation Practice
	Paced breathing
	Guided meditation (body scan, imagery, breathing)
	Mindfulness meditation