



HEALTH AND WELLBEING CHECKLIST

Date

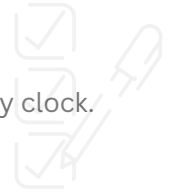
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Creating a Relaxing Bedtime Routine

A calming bedtime routine promotes better sleep and overall wellness. Use this checklist to wind down effectively each night.

Set a Consistent Sleep Schedule

- Go to bed and wake up at the same time daily, even on weekends, to regulate your body clock.
- Tip: Use an alarm for bedtime as a reminder to start winding down.



Dim the Lights an Hour Before Bed

- Create a calming atmosphere to signal your body that it's time to sleep by reducing brightness.
- Tip: Use warm, dim lighting or candles to create a soothing environment.



Avoid Screens Before Bedtime

- Stop using phones, TVs, and computers at least 30-60 minutes before sleeping to reduce blue light exposure.
- Tip: Enable blue light filters or night mode on devices if screen use is unavoidable.



Incorporate Relaxation Techniques

- Practice meditation, deep breathing, or gentle yoga to calm your mind and body.
- Example: Try the 4-7-8 breathing technique to relax your nervous system.



Read or Listen to Calming Audio

- Choose light reading material or soothing music to relax your mind and reduce stress.
- Tip: Consider listening to audiobooks or guided meditations designed for sleep.



Prepare Your Sleep Environment

- Keep your room cool, dark, and quiet to optimise sleep quality.
- Example: Use blackout curtains, a white noise machine, or a fan to block out distractions.





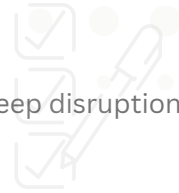
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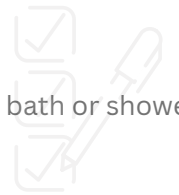
Limit Caffeine and Alcohol in the Evening

- Avoid stimulating drinks or substances at least 4-6 hours before bedtime to prevent sleep disruptions.
- Tip: Opt for herbal teas like chamomile or peppermint instead of coffee or alcohol.



Take a Warm Bath or Shower

- Relax your muscles and lower your core temperature for better sleep by taking a warm bath or shower.
- Tip: Add calming bath salts or essential oils for an enhanced relaxation experience.



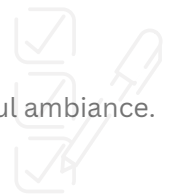
Set Intentions for Tomorrow

- Write down a to-do list or reflect on goals to clear your mind and reduce bedtime anxiety.
- Tip: Keep a notebook by your bed to jot down lingering thoughts or plans.



Use Aromatherapy

- Diffuse calming scents like lavender or chamomile in your bedroom to create a peaceful ambiance.
- Tip: Use a pillow spray with essential oils for additional relaxation benefits.



Perform Gentle Stretches

- Loosen tension in your body with simple stretches before bed to promote relaxation.
- Tip: Focus on stretches for your neck, shoulders, and lower back to release stored tension.

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