

I DON'T HAVE FING

TIME FOR THIS!

Mom-to-Mom Empowerment Support Group



Waking Success



Bedtime Rituals

from a world-renowned sleep scientist



Wind Down (30 minutes before bed):

1. Turn off TVs and dim lights
2. Light candles and play relaxing music
3. Have a cup of herbal tea
4. Turn off lights around the house
5. Turn phone off or put on silent

Self-Care (20 minutes before bed):

1. Shower, wash face, and brush teeth
2. Sit cross-legged and practice military breathing technique (breath in through the nose for a count of 5, hold for 8, exhale through the mouth for 7)
3. Read a few pages of a book

Relaxation Techniques (15 minutes before bed):

1. Progressive muscle retention: clench and release every muscle group (toes to head)
2. Say a prayer or express gratitude to the universe
3. Use a meditation or hypnosis app (sit up in bed so you don't fall asleep)
4. Visualize a future goal being accomplished

Cozy Time (5 minutes before bed):

1. Embrace the Swedish tradition of "Hygge" (warm coziness)
2. Get into bed and snuggle up

Additional Tips:

1. Use sleep-friendly light bulbs
2. Write down persistent thoughts on a notecard for the morning - these can become your to-do list for the next few days.
3. Be consistent with your rituals to train your brain for sleep

Tailor Your Routine:

1. What specific needs do you want to address in your bedtime routine? (e.g., stress, anxiety, relaxation)
2. What activities or techniques resonate with you?
3. How will you adapt this worksheet to create a personalized bedtime routine?

Remember, consistency is key! Stick to your routine and make adjustments as needed to find what works best for you.