The routine way to better sleep

A wind-down routine is a sequence of calming actions that help your mind and body anticipate sleep. This routine should start between 30 minutes and 2 hours before bedtime. It isn't one-size-fits-all, and you may need time to figure out what works best for you. They key is to be consistent!

Wind-down routine ideas

- ☐ Put away electronics
- ☐ Have a light snack
- ☐ Reduce liquid intake
- ☐ Take a warm shower or bath
- ☐ Listen to calming music, audio books, ambient sounds or pink and white noise
- ☐ Relaxation techniques – deep breathing, stretching, mediation, progressive muscle relaxation, journaling
- ☐ Read a book
- ☐ Set your bedroom between 65 – 68 degrees and make it noise-free
- ☐ Aromatherapy (e.g., lavender or other relaxing scented pillow spray)

Find more sleep tools and resources at Geisinger.org/wual

Wake Up and Learn

Better sleep, easier from Geisinger

Create your wind-down routine

Target wake-up time: _____

Target bedtime: _____

(Adolescents need 8 – 10 hours each night, adults need 7 – 9 hours and athletes may need more)

Begin wind-down routine: _____

(30 minutes – 2 hours before bedtime)

Wind-down routine

Use the table below to create your own wind-down routine.

Example:
9:00 p.m. put away all electronics
9 – 9:15 p.m. light stretching
9:15 p.m. warm shower and get ready for bed
9:45 – 10 p.m. read a book with dim light
10 p.m. lights out and get into bed