



## Power Down by Design

Sleep is vital to our health and well-being. Having rituals to help us wind down from our day can be a game changer as having slept well can impact how we feel the next day. Self-care can take many forms so this list is just a short guide to give you some ideas to create new habits.

**Essential Items: Check the ones you are currently practicing and circle the ones you will implement this week.**

- Dark room or blackout curtains
- A cool environment
- Limit blue light exposure from electronic devices - minimum of 2 hours before bed
- White noise machine (if noise is an issue)
- Limit social media exposure 2 hours prior to bed

**Before Bed Activities: Check those you practice on a consistent basis (does not have to be every night) and circle 1-2 that you would like to try this week.**

- Gentle yoga or stretching
- Deep breathing exercises
- Journal
- Have a conversation with a loved one
- Take a bubble bath or hot shower
- Spend time with that which is greater (spirituality)
- Take a short walk
- Meditation
- Read a book (or listen to book on tape)
- Sip Chamomile Tea
- Practice gratitude
- Listen to soft music
- Watch the sunset

**Indulge Your Body's Natural Rhythm: Check all that you practice on a consistent basis (does not have to be every night) and circle 1 you would like to begin this week.**

- Dim the lights after dusk. *Set the mood!*
- Add a magnesium powder to a warm cup of water to promote deep, restful sleep
- Create a consistent sleep/wake schedule
- Limit alcohol consumption – especially if you are having trouble sleeping
- Limit snacks and heavy food to earlier in the evening to give your body time to fully digest  
*(recommend having last meal at least 2 hours prior to bed)*

**\*\* *Clearing clutter is another essential.*** Does your bedroom feel welcoming, calm and relaxing – or does it cause overwhelm and anxiety. With minor adjustments you can create a soothing, cozy, inviting space that you look forward to ending your day in. Get creative!