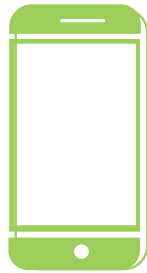# Sleep Routine

Sleep is foundational for healthy functioning. It helps us recharge and preapre our minds and our bodies for the following day.
Use this worksheet to begin to map and implement some important habits for a healthier night's rest.
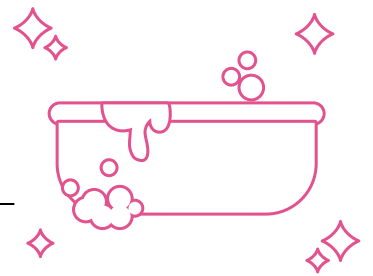
Eat your last meal at least 2.5 hours before bed

_____

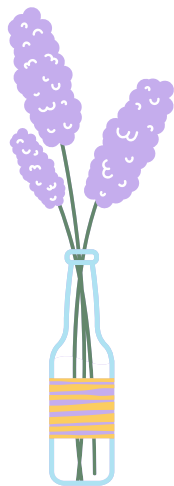Turn all devices with a screen, off 45 mins before bed

_____

Reduce clutter and increase open space in your room

Take a warm shower or bath. Implement a skin care routine.

_____

Replace digital time that helps you falls alseep with journaling, reading, meditation, coloring, etc.

_____
_____
_____

Use a diffuser with essentail oils or incense to have a relaxing scent flowing into the room.

Drink your favorite cup of warm tea (decaf)

_____

No light should be coming into the room. Close all curtains.

Breakthrough Mental Health Counseling