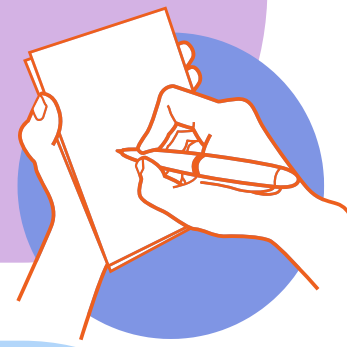


My wind-down routine



A wind-down routine is all about helping your mind and body know that it's time to slow down and get ready for rest.

Take a look at some of these ideas for your wind-down routine and pick those that resonate. You may wish to start your wind-down routine about 60–30 mins before heading to bed.

Relaxing activities:

- Meditation
- Gentle stretching or yoga
- Make lunch for tomorrow
- Pack your bag for the next day
- Iron your clothes
- Knit or draw



Soothing activities:

- Make a warm non-caffeinated drink and enjoy it mindfully
- Do a facial or skincare routine
- Have a warm shower or bath
- Write down something you're grateful for that happened during the day
- Listen to quiet or relaxing music



Things to help reduce arousal before bed

- Set boundaries around study/work, so you're not engaging in these activating activities right before bed
- Try to avoid use of your computer, TV or mobile phone in the 30–60 mins before bed
- Swap screens for other entertainment sources e.g., books, magazines, drawing
- Use a blue-light filter if you do need to access screens before bed or during the night

