



Better sleep, easier from **Geisinger**

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. The 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, meditation, 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)



Wake-up time: _____

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

(list what works and how long it takes for each strategy)

Example:

- 9 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

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

Start/end time	Strategy