Relaxation Routine

Taking time to unwind before bed is essential for quality sleep and overall well-being. Just like the body needs a cool, dark, and comfortable environment to sleep well, the mind also needs a transition period to shift from the busyness of the day into a relaxed state. Without proper wind-down time, stress, racing thoughts, and muscle tension can interfere with sleep, making it harder to fall asleep or stay asleep through the night.

Engaging in relaxing activities before bed, such as deep breathing, gentle stretching, or reading, can help lower stress hormones, reduce mental chatter, and prepare the body for rest. These activities signal to your brain that it's time to slow down, allowing for a smoother transition into sleep. A consistent wind-down routine can lead to better sleep quality, improved mood, and more energy throughout the day.

Use the table below to brainstorm and choose relaxation activities that you can start incorporating into your nighttime routine to create a calm, sleep-friendly environment.

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