

Ways to Unwind

Often, the hardest part of falling asleep is the transition from wakefulness to restfulness. Taking some time to shift into a restful state of mind can make falling asleep easier. Having a consistent bedtime routine is an important part of this process. Start your bedtime routine a couple of hours before bed.

Here are some restful activities to help you unwind:

- Breathe deeply.
- Dim the lights.
- Drink herbal tea or warm milk.
- Get a massage.
- Listen to calming music.
- Make a list of things to do the next day.
- Read a soothing book.
- Sit outside.
- Stretch.
- Take a warm bath or shower.
- Write in a journal.
- Meditate.
- Do a body scan, progressive relaxation, or breathing technique.

Think about your routine now. What helps you unwind at the end of the day? What are some things you might change to help you get more rest?

