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Beginner lessons for Bedtime Routine

Establishing a Bedtime Routine for Better Sleep

DEFINITION

> A bedtime routine is a series of calming activities done before sleep. It helps signal your body that it's time to wind down and prepare for rest.

KEY CONCEPTS

Consistent Sleep Schedule

Going to bed and waking up at the same time daily helps regulate your body's internal clock.

Relaxation Techniques

Incorporating activities like reading, meditating, or gentle stretching can reduce stress and promote relaxation.

Screen Time Limitation

Reducing exposure to screens at least an hour before bed helps improve sleep quality by minimizing blue light exposure.

Sleep Environment

Creating a dark, quiet, and cool bedroom environment can enhance comfort and facilitate better sleep.

Pre-Sleep Rituals

Engaging in calming rituals, such as taking a warm bath or drinking herbal tea, can signal your body it's time to sleep.

EXAMPLES

→ Reading a book for 20 minutes before bed.

→ Practicing deep breathing exercises after brushing teeth.

→ Setting a consistent bedtime alarm each night.

MEMORY TIPS

★ Use the acronym 'R.E.S.T.' for Relax, Environment, Schedule, and Techniques.

★ Visualize a calming bedtime scene to reinforce relaxation.

★ Associate bedtime with a specific scent, like lavender, to trigger sleepiness.

COMMON MISTAKES

✗ Staying up late on weekends disrupts the sleep schedule.

✗ Using electronic devices right before bed.

✗ Skipping relaxation activities in favor of rushing to sleep.

QUICK RECAP

A bedtime routine is essential for improving sleep quality. Key elements include a consistent schedule, relaxation techniques, and a conducive sleep environment. Avoid screens and create calming rituals to enhance your nightly rest.