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Beginner lessons for Bedtime Routine

Master Your Bedtime Routine for Better Sleep!

DEFINITION

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

KEY CONCEPTS

Consistency

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

Wind-Down Activities

Engaging in relaxing activities, like reading or meditating, can help ease the transition to sleep.

Screen Time Management

Limiting exposure to screens at least an hour before bed reduces blue light interference with melatonin production.

Sleep Environment

Creating a comfortable and dark sleeping space enhances your ability to fall asleep and stay asleep.

Mindfulness Practices

Incorporating mindfulness techniques, such as deep breathing, can help calm the mind and prepare for sleep.

EXAMPLES

- Read a book for 20 minutes before bed.
- Practice deep breathing exercises for relaxation.
- Set a consistent bedtime and wake-up time.

MEMORY TIPS

- ★ Use the acronym 'C-W-S-M' for Consistency, Wind-Down, Screen time, Mindfulness.
- ★ Visualize a cozy bed to remember the importance of a good sleep environment.
- ★ Think of 'Relax, Reflect, Rest' to recall the steps of a bedtime routine.

COMMON MISTAKES

- ✗ Staying up late on weekends disrupts sleep patterns.
- ✗ Using screens right before bed can hinder sleep quality.
- ✗ Skipping relaxation activities leads to difficulty falling asleep.

QUICK RECAP

A bedtime routine is essential for quality sleep, involving consistency and calming activities. Avoid screens and create a comfortable environment to enhance your sleep experience.