



Landing the Plane of Sleep— Build a Sleep Routine.

When it's time to sleep, wind down like you are landing a plane; your brain is not a light switch. In other words, create a sleep routine so that your brain anticipates shutting down.

1. STEP ONE:

Stop activating activity at least one hour before bedtime.

- Turn off gaming and television
- Close computer and phones

2. STEP TWO:

Engage in calming rituals

- Stretch
- Read, journal or meditate

3. STEP THREE:

Relax the Body

- Count deep belly breaths and start back at one if you lose count
- Starting with your feet and working toward your head, focus on imaging the muscles melting into the bed until you have relaxed your body to sleep.



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