

## Things to do at night-time

### Leading up to bedtime and in the evening

- Write in a journal
- Do some food prep for the following day
- Take a shower or a bath
- Do some stretches or yoga
- Light a candle or use a vaporiser
- Listen to some relaxing music
- Choose an outfit for the next day
- Catch up on laundry, folding clothes, ironing
- Do a crossword, sudoku, colouring,
- Gentle massage
- Read a book
- Watch tv or a movie
- Spend time with a pet
- Have a cup of herbal tea
- Have sex
- Do a craft (e.g., knit)
- Meditate
- Write a grocery list
- Power down (no phone, tv, computer an hour before bed)
- Dim your lighting
- Set your morning alarm

### During the night

if you are not able to use a relaxation strategy, then get out of bed after 20 minutes of being awake

- Deep breathing exercise
- Progressive muscle relaxation
- Make a grocery list
- Read a book
- Do some stretches or yoga
- Listen to some relaxing music
- Jot down thoughts if your mind is active
- Try a guided meditation
- Listen to an audiobook
- Do a crossword, sudoku, colouring,
- Gentle massage
- Knit or do another craft you can easily do until sleepy
- Write in a journal
- Organise a bookshelf, DVDs, kitchen pantry, etc

