

# Bedtime Routine

Human brains like habits and routines.

Bedtime routines train our brain that it's time to sleep and can help reduce late-night stress and anxiety. Work on building stress-free and relaxing bedtime habits you can stick to most of the time.

- Go to bed 15 minutes earlier.
- Stop using your phone and screens one hour before bed (unless you use an app to relax).
- Dim the lights in the evening to help sync with your body's natural circadian rhythm.
- Listen to calming music, nature sounds, or a white noise machine.
- Write in a gratitude journal.

