

UNWIND TIME

Do's & Don'ts

DO!

- Take brain breaks during the day.
- Set boundaries on your personal time to cut off work activity.
- Have an electronics curfew to limit time on social media and email.
- Stop using devices with screens at least an hour before bed.
- Enjoy sleep-inducing foods like dairy, poultry, cereal, and fruits an hour before bedtime.
- Have a warm beverage like warm milk or chamomile tea before bed.
- Limit caffeine after 3pm.
- Incorporate mindfulness practices like meditation and breathing exercises before bed.
- Muscle-relaxing yoga or light stretching.
- Play calming music.
- Take a warm bath or shower before bed.
- Enjoy aromatherapy from essential oil diffusers or scented candles. Lavender, cedarwood, and vetiver are great for promoting relaxation and sleep.
- Find a calming evening activity that doesn't involve electronics, like knitting, coloring, or puzzles.
- Read a tangible book or magazine before bed.
- Journal with an emphasis positive thoughts or reflections on that day.
- Talk to other people if something is bothering you instead of going to bed unsettled.

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DON'TS!

- Bring your laptop, cell phone, or tablet to bed with you.
- Be available and responsive 24 hours to people outside your home or family.
- Check email or social media right before bed.
- Procrastinate to do your most stressful or intense work at the end of the day.
- Watch TV to fall asleep.
- Read books, magazines, or articles on electronic devices before bed.
- Have a large, high fat or spicy meal before bed.
- Eat foods high in refined sugars or sodium at night.
- Drink caffeinated beverages late in the day or with dinner.
- Do strenuous or vigorous workouts late in the day or right before bed.
- Be dehydrated – drink water throughout the day.
- Go to bed angry or upset – have an outlet like journaling or talking to someone.