



## Here are my 7 tips for a 'Relaxing Bedtime Ritual'



### Setting the scene

1. Turning your bedroom into a sanctuary for slumber can help you fall in love with bedtime again. The bedroom should only be used for sleep and intimate activities, and so removing TV's, laptops, and smartphones as we discussed on day 4 will help you associate the room with relaxing activities and sleep.
2. Keep your bedroom cool, as hot rooms and deep restorative sleep do not mix well. Light and noise are also disruptive to a good night sleep, keep the room as dark as possible. Invest in blackout blinds or curtains if you can. If not, try an eye mask and ear plugs if you need a little help keeping your room dark and tranquil.

### Relax and unwind

3. If you can, turn your tech off at least an hour before bed, and switch to more relaxing activities such as warm baths, reading or meditating. Try dimming the lights as this is a cue for your brain to start winding down to sleep.
4. A warm bath in the evening can help you relax, especially if you add some of essential oils blends from day 6 to your bath. Light a candle and feel the warmth of the water relax your tired muscles and soothe your busy mind.

### Drift off Mindfully

5. Finally, it's time to slip under those cotton sheets and relax. Take a few minutes to practice your breathing and affirmations, get that novel out, or spend 10 minutes with your journal. Let go of your daily stresses and strains with every out breath.
6. Add a little lavender essential oil to your pillow, and be aware of how soothing it is to the senses, calming your mind and body ready for a peaceful night's rest.
7. As you drift off, imagine every muscle in your body becoming heavy and sinking into the mattress. Before you know it, you'll be fast asleep.