**How to Create a Routine for Quality Sleep**

* Ensure your sleep environment is comfortable and relaxing

🡪 quiet, dark, free of pets, etc.

* Maintain a sleep schedule 🡪 1)shower 2)turn off electronics

3)pajamas 4)brush teeth 5)listen to calming music or

read a book 6)lights out

* + Maintaining a sleep schedule is great for children too!
* Establish a tech turn off time 🡪 set time when all electronics (phone, TV, computers, etc.) are turned off (~ 1 to 2 hours prior to bedtime)
* Avoid caffeine and big meals in the evenings
	+ In the afternoon and evening try water, herbal teas, or milk rather than coffee, black teas, or soda
	+ If you’re hungry 2 to 3 hours prior to bed try a light snack 🡪 whole grain toast with peanut butter, or fresh fruit, or oatmeal
* Avoid physical activity prior to bedtime
	+ BUT remember to be physically active earlier in the day (physical activity = better sleep, a healthy body, and higher grades)
* Try calming activities
	+ Read, listen to music, yoga, stretching, journal (highlights of the day, something positive about tomorrow), mindful breathing