

SCHEDULE/ROUTINE TEMPLATE

IDEAL ROUTINE

60 MINUTES:	
40 MINUTES:	
30 MINUTES:	
20 MINUTES:	
10 MINUTES:	

MOST CRITICAL TO COMPLETE

(for when you're running short on time)

You've got this!

HABITS/PRACTICES

OPTIONAL:

JOURNAL

NIGHT TIME SNACK/TEA

NIGHT TIME PLAYLIST

MEDITATION

READ

SLEEP MASK

BLACK OUT CURTAINS

CREATE A TO-DO LIST FOR TOMORROW

BREATHING EXERCISES

60 - 67 DEGREES

BRAIN DUMP

START TIME TO ACHIEVE 7-9HRS

BLUE LIGHT BLOCKING GLASSES

OF HOURS YOU CAN GET CONSISTENTLY

SHOWER/BATH

SET AN ALARM TO START ROUTINE

CONSISTENT SLEEP/WAKE TIME

WEAR SOCKS

SEPARATE SPACES FOR ACTIVITIES OTHER THAN SLEEP

NO ALCOHOL 3 HRS BEFORE BED

MELATONIN

NON-NEGOTIABLES:

NO CAFFIENE - 4HRS BEFORE BED

NO EXERCISE - 1.5HRS BEFORE BED

NO SCREENS AT LEAST 2 HR BEFORE BED

NO WORKING IN YOUR BED