

HealthyLife® *Live*

# Bedtime

## *Key Take-Aways:*

### **Be self-compassionate**

In some ways, sleep is natural and simple, supported by a powerful 24-hour body clock and a natural sleep drive. But our lives can be complicated and change often, and some things are beyond our control. Bedtime routines may be challenging.

### **Create a routine that works for you**

Your routine will probably change over time. Consider what you need to do 1-2 hours before bed and what you want to do. Plan to do things that help you wind down and cue your body that rest is next!

### **Be realistic**

Acknowledge what you are likely to do. If adding to your routine, try one new thing at a time. Pair a new habit with an existing one. If you live with others, share your plans and how they can support you.

### Try some tech & sensory tools

- Sleep apps: Meditations, stretching, yoga, breathing exercises, soothing music, and white noise or nature sounds. Examples: Calm, Headspace, Yours and Sleep Reset.
- Bedtime story apps: Narrated with soothing voices that help calm racing thoughts before bedtime. Examples: Nothing Much Happens, The Sleep Bookshelf and Bore You to Sleep.
- Other podcasts: These may be interesting without overwhelming your thoughts or emotions. Examples: The Science of Happiness and Song Explorer.
- Warm shower/bath: Supports the natural drop in core body temperature which promotes sleep when taken 1-2 hours before bedtime.
- ASMR (Autonomous Sensory Meridian Response): A tingly, pleasant sensation from your head and down the spine and limbs. This response is prompted by hearing crisp or whispering sounds, scratching, or tapping. Many people report ASMR helps to calm them at bedtime. There are many ASMR videos and audio clips available online.
- White, pink & brown noise to mask background noise: Available as phone apps. White noise (e.g., fan running). Pink noise (e.g., sound of light rain or light wind). Brown noise (e.g., sound of heavy rain).
- Weighted blankets: Heavy blankets made with dense yarn or added beads that provide deep pressure stimulation to help calm and relax the body and mind.
- Body inversions: May help create a relaxed mind and body for sleep using an inversion table or certain yoga poses, such as legs up the wall, plow pose, or headstand.

### **Additional Resources**

- National Sleep Foundation  
[sleepfoundation.org](https://www.sleepfoundation.org)
- American Academy of Sleep Medicine  
[sleepeducation.org/healthy-sleep](https://www.sleepeducation.org/healthy-sleep)