



Bedtime

FLOWCHART

Sleep hygiene is one of three main pillars in self-healing. The others are food and sensory restraint. I don't know a single person who couldn't use some improved sleep. Use this flow chart to establish a process of winding down your day. Bonus points for charging your phone in another room and going old school with an alarm clock in the bedroom.

Have an early dinner
What time is early for you?



Do an activity just for the fun of it.
What hobbies do you enjoy?



Do something kind for your body
(massage, stretch)



Listen for signs of fatigue



Make a Choice to Honor Your Body's Needs

Yes

No

Get ready for bed. Rub your feet. Maybe even use oil. Meditate. Give thanks. Leave the day behind. Empty yourself so that you may sleep deeply. Feel like a Million Bucks tomorrow!

Borrow against tomorrow's energy for today. How does your body communicate being run down and worn out?
