



OAKFIT *Sleep* CHALLENGE October 14 - November 7

OakFit Sleep Challenge

Building Bedtime Routines:

According to the [Sleep Foundation](#), bedtime routines establish habits that help our brains recognize when it's time to sleep. By performing the same activities in the same order every night, your brain comes to see those activities as a precursor to sleep. We know that bedtime routines are important for babies and children but they are also important for adults. Bedtime routines help reduce late night stress and anxiety that often keeps people up at night.

- Set your bedtime routine about 30 minutes to 2 hours before bed. Set an alarm if you need to.
- Avoid using electronics as part of your bedtime routine..
- Have a light snack or bedtime tea. Try a yogurt, fruit or nuts as a light snack and non-caffeinated herbal teas are a good way to calm the mind and induce sleep.
- Take a warm bath/shower before bed.
- Listening to music, ambient sounds or white noise has been shown to improve sleep quality.
- Try some light yoga, stretching and breathing exercises to help your body get into a relaxed state before bed.
- Practice Meditation to help improve your sleep quality.
- Read a good book.
- Write a to-do list or in a journal. Doing a brain dump before bed can help keep your mind from wandering while you are trying to sleep.



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