

5 POINT CHECKLIST for HEALTHY *Sleep and Rest*

1

Tea

Enjoy something like herbal tea (my go-to's are Chocolate Chai and Vanilla Sleepytime), rather than food that will fill you with energy.

2

Light

Turn on table lamps rather than overhead lights. Avoid screens within 2 hrs of bedtime. (Yes, that's super hard!) Candles and books are nice!

3

Calm

When the kids are finally down, it feels like the perfect time to catch up on everything: cleaning, email, news. But is it to the sacrifice of your sleep?

4

Ritual

What actions feel right to include as part of your nightly bedtime routine? What are you doing now? Are there changes that may serve you better?

5

Clear

Do you ruminate over what happened today, and worry what will happen tomorrow? Jotting your thoughts down can clear your mind to support sleep.

If you can't sleep, then rest. Just rest.