

# Ways to Unwind

Often, the hardest part of falling asleep is the transition from wakefulness to restfulness. Taking some time to shift into a restful state of mind can make falling asleep easier. Having a consistent bedtime routine is an important part of this process. Start your bedtime routine a couple of hours before bed.

Here are some restful activities to help you unwind:

- Breathe deeply.
- Dim the lights.
- Drink herbal tea or warm milk.
- Get a massage.
- Listen to calming music.
- Make a list of things to do the next day.
- Read a soothing book.
- Sit outside.
- Stretch.
- Take a warm bath or shower.
- Write in a journal.
- Meditate.
- Do a body scan, progressive relaxation, or breathing technique.

**Think about your routine now. What helps you unwind at the end of the day? What are some things you might change to help you get more rest?**

