

Before Bed Rituals

Usually by the time we fall into bed we just want to do something mindless; scroll through social media on our phones or turn on the TV. But what if we could try instead to try to be mindful in relaxing our minds and bodies. The National Sleep Foundation has found that the introduction of electronics has increasingly robbed us of sleep. Let's try this instead:



- Plug your phone in to charge somewhere other than your bedroom
- Crawl into bed and be truly mindful and notice how great the bed feels under your body.
- Take a few moments to take a few deep breaths, check in with your body. Is anything achy? Your feet? Take a few moments to massage your feet.
- If you're usually a TV watcher before bed, try reading a book instead!

Try it for a week; see if you notice a difference in your quality of sleep.