

Print out a week's worth of this bedtime checklist. Write a different relaxing activity on each line. Check off each activity as you complete it each night. Continue using this list until you've memorized your routine.

## *My Bedtime Routine*

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



I Dream of Sleep  
Natural solutions for a good night's sleep

M

T

W

Th

F

S

Su

# Bedtime Routine Activity Ideas

1. Listen to Soft Calming Music
2. Play a quiet board game
3. Do a word puzzle like Soduko, crossword puzzles, etc.
4. Talk with friends/family
5. Complete your Beauty Regimen
6. Put on comfy (or sexy, depending on your mood!) pajamas and fluffy socks
7. Give yourself a foot massage
8. Give yourself a manicure
9. Spritz your linens with lavender spray
10. Read an actual book (No tablets!)
11. Snack on tryptophan-rich foods, like a banana, cherries or a handful of nuts
12. Write down what you're grateful for in a gratitude journal
13. Set your alarm (then put it across the room)
14. Dim the lights. (candles, Himalayan salt lamp, etc.)
15. Be intimate with your partner
16. Turn on a white noise or nature sound machine
17. Listen to an audio book while you color or do a word puzzle
18. Knit, crochet, or do other quiet craft
19. Practice a mindfulness routine
20. Declutter your bedroom to create a peaceful environment

Need to refer back to the original post for ideas?

[How to Create a Relaxing Bedtime Routine for Adults](#)