



# 15 HEALTHY THINGS

to Do Before Bed

## 15 HEALTHY THINGS TO DO BEFORE BED

If you spend the hours before bed playing video games and eating corn chips, it's time to turn over a new leaf. Switch to bedtime rituals that prime your body and mind for good quality sleep.

### Healthy Things to Do for Your Body

#### Fluff your pillow

If you sleep on your side, slip a small pillow between your knees to align your hips. When lying on your back, protect your lower spine with a cushion under your legs.

#### Dress down

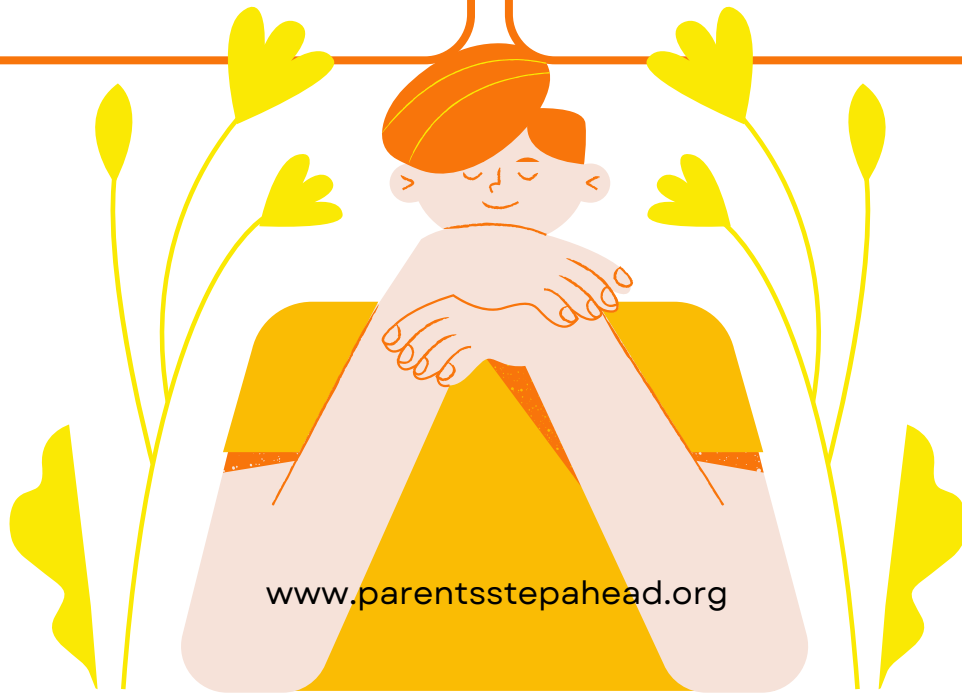
Sleeping naked cools your body and reduces the risk of skin infections. If you like more coverage, wear something soft and comfortable

#### Take a warm bath

Your body temperature drops after a soak in the tub, so you can fall asleep more quickly. Add soothing scents like lavender and sandalwood.

#### Stretch your muscles

Develop flexibility and increase blood flow with some light stretching. You'll feel less stiff in the morning.



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### **Adjust the temperature**

A cool head helps you sleep. Try setting the thermostat at 65 degrees. A bedroom that is too hot or cold can make it difficult for your body and may keep you up at night.

### **Dim the lights**

Light stimulates your brain while darkness puts your body into sleep mode. Turn off electronic devices at least 2 hours before retiring. Hang blackout curtains or wear an eye mask.

### **Eat light**

Late-night pizza can give you heartburn, but a small snack staves off hunger until breakfast. Combining foods rich in carbohydrates and proteins will help you feel drowsy.

### **Floss your teeth**

Flossing removes bacteria that your toothbrush can't reach. Reduce your risk of tooth decay and gum disease.

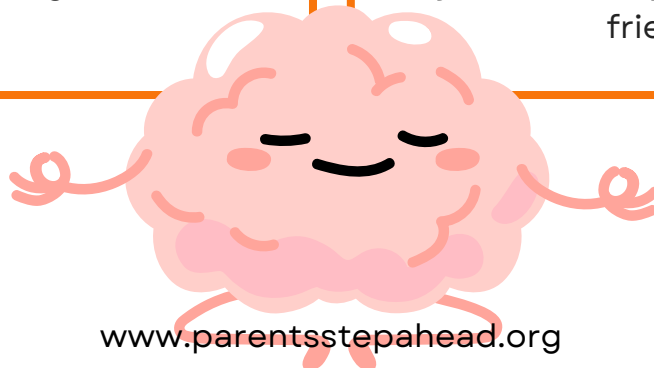
## **Healthy Things to Do for Your Mind**

### **Meditate and pray**

Calm your thoughts and say your prayers. Spiritual practices give you a sense of purpose and help you manage stress.

### **Express gratitude**

Count your blessings. Take your mind off your troubles by focusing on the good things in your life, like your family and friends.



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### Tidy up

Clutter creates anxiety because you feel crowded and out of control. Spend a few minutes clearing off your nightstand. Hang up your clothes and throw your laundry in the hamper.

### Write stuff down

Maybe your body is still, but your mind is racing. Make a list of tasks and phone calls for tomorrow so you can forget about them until morning.

### Play music

Lullabies work for adults too. Listen to Brahms and Mozart, or browse around on YouTube for music with binaural waves that claim to regulate your delta waves for deep sleep. It may work for you.

### Read something inspiring

Once you power off your phone and computer, you can settle down with a good book. Savor a classic novel or skim through a collection of uplifting quotes and pictures.

### Lighten up

Worrying about sleep can keep you up at night. It's common for adults to underestimate how much they sleep. If you're tossing and turning, get up for a while to do something boring. If you think you need more help, talk with your doctor about your options.

Sleep gives your body time to heal, increases learning, and stabilizes your emotions. Imagine how it would feel to enjoy deep restful slumbers each night of the week.

Create habits that help you to go to bed on time and wake up smiling.

