

Transitioning to Sleep

— Tips for winding down —

A restful sleep starts with mindful preparation. Try adding one or more of these tips to your evening routine to settle in and increase your sense of relaxation before bed.



Slow down



As your evening progresses towards bedtime, pay attention to the speed of your actions and speech. Consciously slow down to create a gentle transition.

Limit Tech Use



Using smartphones at night can decrease sleep quantity and quality. Try limiting how often you check your phone after a designated time, or leaving it outside of your bedroom.

Filters in the iPhones Night Shift settings, and the Flux app (can be used with both iPhones and Androids) change the light quality on your phone, making it more conducive for sleep.

Acknowledge your accomplishments



Spend a moment acknowledging what you did well today. Seriously! If regrets/self-criticisms crowd in, try to find what you can do differently next time.

Journaling, or even voice-recording about the your feelings, thoughts, and interactions can be helpful in releasing the day and preparing the mind for rest.

Attend to the breath



Breathing through the left nostril activates the parasympathetic (i.e. "rest & digest") nervous system.¹ Try blocking the right nostril and breathing through the left for 3 minutes.

Or sit up on a cushion or lie down and take some long, deep belly breaths.

Attend to the body



Try stretching, or practice a short evening yoga sequence (5+ minutes) to wring out the experiences of the day and relax your mind and body.

Sources:

1. Sleep.org. (2018). *Is Your Smartphone Ruining Your Sleep?* Retrieved from <https://sleep.org/articles/is-your-smartphone-ruining-your-sleep/>
2. Telles, S., Nagarathna, R., & Nagendra, H. R. (1994). Breathing through a particular nostril can alter metabolism and autonomic activities. *Indian Journal of Physiology and Pharmacology*, 38, 133-133.)